**Child Development**

**Unit 4: Birth Defects**

**Review Sheet**

1. What is the percentage of children born with birth defects?
2. What is the synthetic form of folate called?
3. What types of foods is folic acid found in?
4. How much of folic acid that you consume does your body use? Folate?
5. If you consume folic acid/folate birth defects can be reduced by what percent?
6. How many babies out of 1000 does neural tubes affect?
7. Explain the difference between spina bifida, anencephaly and encephalocele.
8. Why is it so important to consume folic acid in the prevention of birth defects?
9. What body systems does alcohol damage?
10. How much alcohol does a baby experience if its mother drinks?
11. What are the effects of drinking while pregnant?
12. Explain the process of how alcohol reaches the fetus.
13. Explain FAS.
14. What are the effects of smoking while pregnant?
15. What are some medical issues that babies are at an increased risk for if their mother smokes?
16. What is the risk of SIDS if a mother smokes while pregnant or breastfeeding?
17. If a woman smokes while pregnant, at what point will their baby most likely have a normal growth rate if they stop smoking?
18. Explain the process of what happens to the baby when the mother smokes.
19. Explain all the effects of smoking on pregnancy.