

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف خرائط ذهنية للوحدة السابعة Pregnancy Healthy

[موقع المناهج](#) ← [المناهج الإماراتية](#) ← [الصف الثاني عشر](#) ← [علوم صحية](#) ← [الفصل الثاني](#)

روابط مواقع التواصل الاجتماعي بحسب الصف الثاني عشر



روابط مواد الصف الثاني عشر على تلغرام

[الرياضيات](#)

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[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف الثاني عشر والمادة علوم صحية في الفصل الثاني

علوم صحية مشروع علوم صحية 1	1
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Pregnancy/ gestation stages:

Trimester: a period of 3 months

Trimester1
(month: 1-3/
week: 1-12)

Trimester2
(month: 4-6/
week: 13-27)

Trimester3
(month: 7-9/
week: 28-40)

Physical changes:

Physical changes:

Physical changes:

Fetus:

Woman/ mother:

Fetus:

Woman/ mother:

Fetus:

Woman/ mother:

The foetal stage is officially starts after week 10.

Development of organs:
the nervous system (brain/ spinal cord)
the heart
eyes/ ears/ mouth/ nose/ hands & feet take shape

The umbilical cord forms.

Fatigue (extreme tiredness)
Heartburn
Missed period
Nausea & vomiting (morning sickness)

The fetus begins to make urine & meconium (first bowel movement)

Gender will be apparent

Starts to move (the musculoskeletal system is developing)

The skin is translucent/ the fetus can suck their thumb/ fingerprints form

Mother starts to feel well (morning sickness eases off)

The fetus growth is noticed as the bump gets larger

The mother can feel the fetus moving

The bones are fully formed

The eyes can open & close

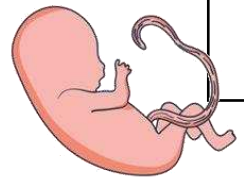
At 37 weeks the fetus is classed as "full-term" & the organs are functioning

The fetus will turn & be in position to childbirth

Frequent urination

Sleep difficulty

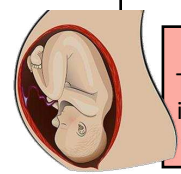
Most women go into labour & give birth between 40 & 42 weeks of pregnancy



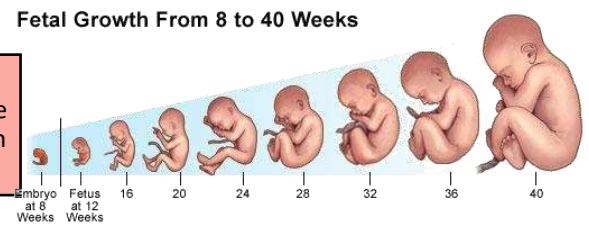
https://www.youtube.com/watch?v=7nw-QA_-ED8
<https://www.youtube.com/watch?v=XEfnq4Q4bfk>



pelvic presentation



fetal presentation head down



Fetal Growth From 8 to 40 Weeks

Pre

nancy

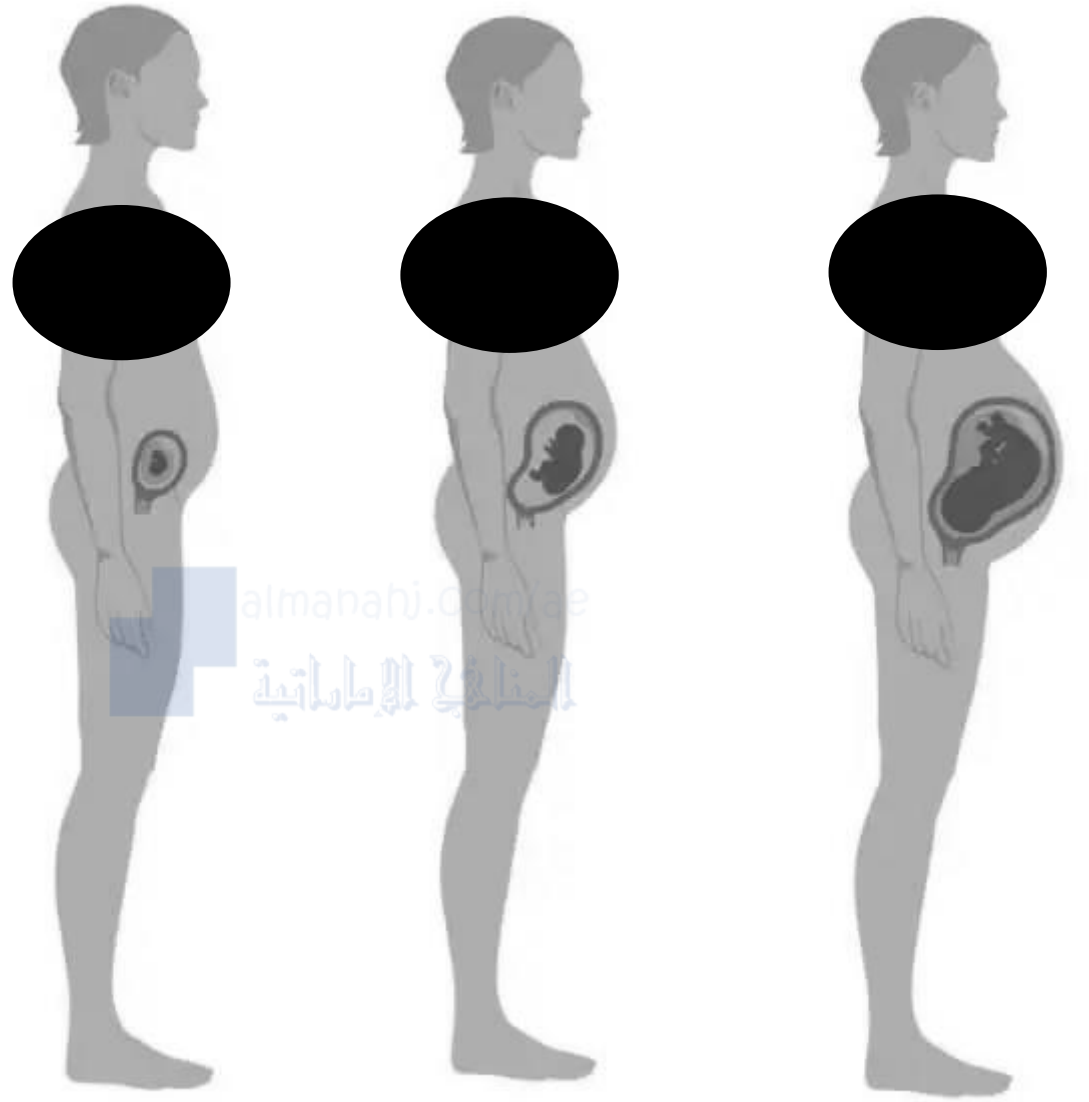
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مكتبة الإطباتية

Pre**G**nancy = **G**estation = حمل

Fetal Development



Trimester 1

Trimester 2

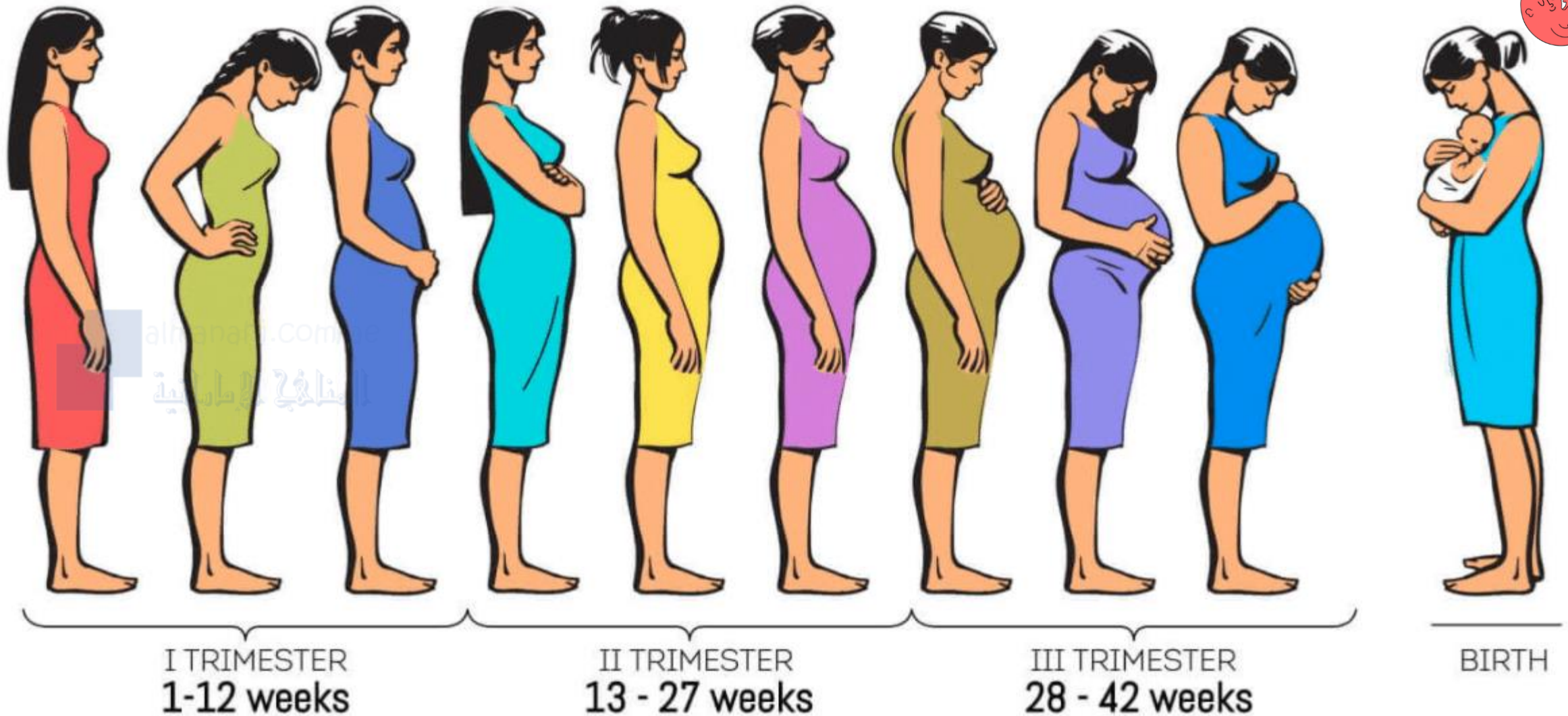
Trimester 3

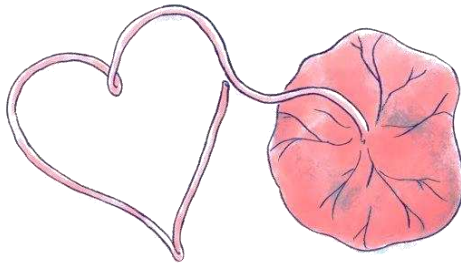


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المنهجية

Pregnancy Week By Week

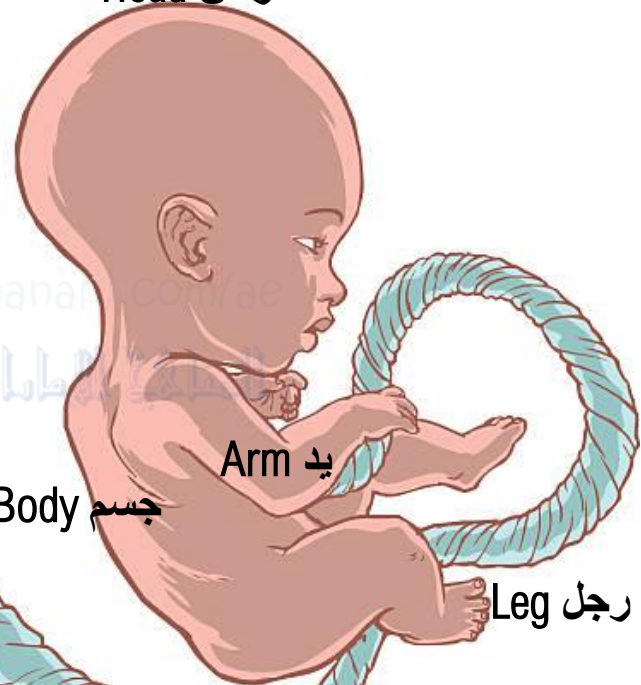
MTG





المشيمة (هي اللي تزود الجنين بالأكسجين والغذاء وتخلصه من الفضلات عن طريق الحبل السري)
Placenta

رأس Head



يد Arm

جسم Body

رجل Leg

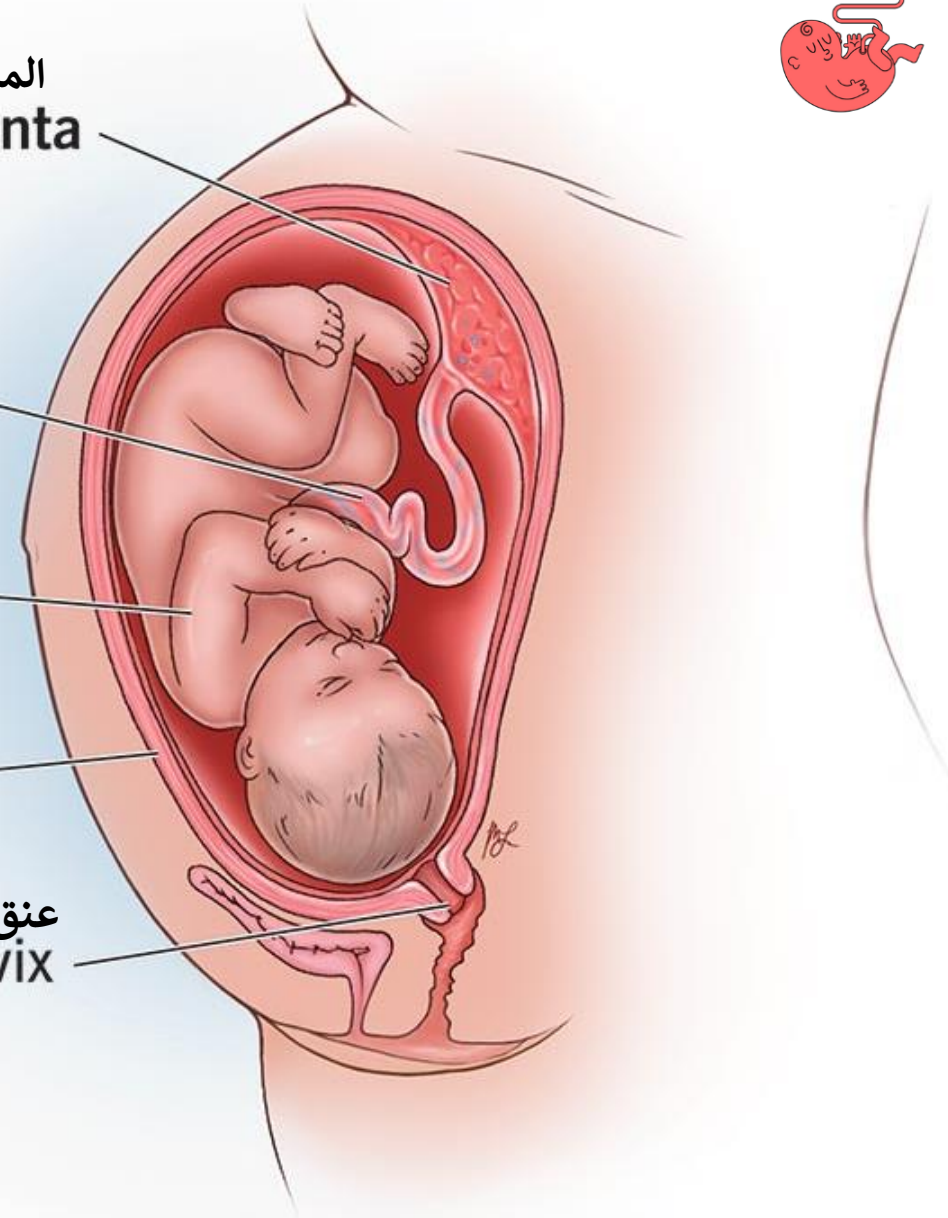
الحبل السري
Umbilical cord

الحبل السري
Umbilical
cord

الجنين
Fetus

الرحم
Uterus

عنق الرحم
Cervix

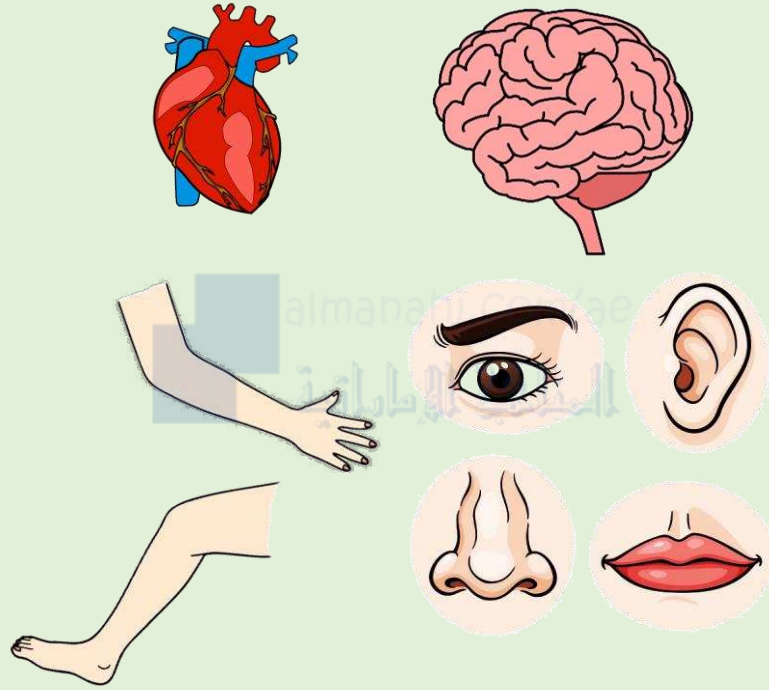


«وَلَقَدْ خَلَقْنَا الْإِنْسَانَ مِنْ سَلَالَةٍ مِّن طِينٍ {12} ثُمَّ جَعَلْنَاهُ نُطْفَةً فِي قَرَارٍ مَّكِينٍ {13} ثُمَّ خَلَقْنَا النَّطْفَةَ عَلَقَةً فَخَلَقْنَا الْعَلَقَةَ مُضْغَةً فَخَلَقْنَا الْمُضْغَةَ عِظَامًا فَكَسَوْنَا الْعِظَامَ لَحْمًا ثُمَّ أَنشَأْنَاهُ خَلْقًا آخَرَ فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ {14}».

Fetal development

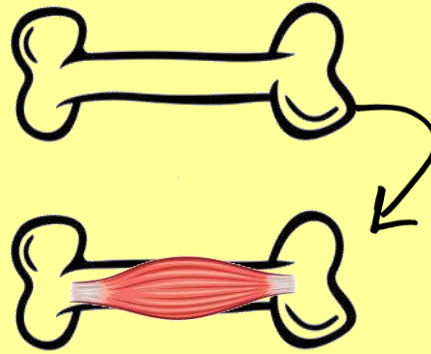


Trimester1 مضغة



تكون البداية الرسمية للتطور الجنيني بعد الأسبوع الـ 10 وتبدأ الأعضاء بالتشكل بحيث يكون الجنين يشبه البشر على نهاية الفصل الأول من الحمل.

Trimester2 عظام ولحم



الجنين في المرحلة يبدأ يتحرك بسبب تكون العظام والعضلات وخلال هذه المرحلة يتميز جنس الجنين.

Trimester3



full-term fetus at week 37

جنين مكتمل النمو



pelvic presentation



fetal presentation head down



Nutritional requirements



Fruit & vegetables (5 servings)

Provide: vitamins + minerals + fiber

- How it can be included in the diet:**
- ✓ Added to breakfast cereals or yoghurt.
 - ✓ Smoothies/ juices/ soup.
 - ✓ Salad/ snack.
 - ✓ Added to main meals.



- How it can be included in the diet:**
- ✓ Wholegrain cereals.
 - ✓ Wholegrain rice & pasta.
 - ✓ Potato-based meals.
 - ✓ Wholegrain crackers as a snack.

Cereals & their products (5-8 servings)

- Simple carbohydrates
- Complex carbohydrates: Wholegrain bread & cereals

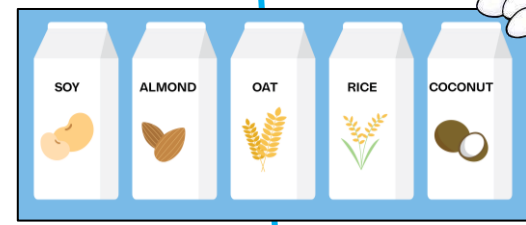


Milk & dairy products (3 servings)

Provide pregnant women & fetus with Ca²⁺ needed for healthy bone development.

Low-fat dairy products are recommended over full-fat version.

Non-dairy alternatives: soya/ rice/ almonds can be chosen.



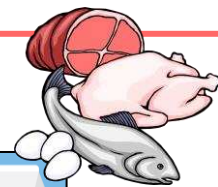
- How it can be included in the diet:**
- ✓ Added to breakfast cereals/ fruit.
 - ✓ Used in cooking.
 - ✓ Eaten as a snack.
 - ✓ Added to salad & sandwiches.

Meat, eggs & legumes (2-3 servings)

A source of protein & iron.

Meat sources

Red meat/ poultry/ fish/ egg



Non-meat sources

Nuts/ legumes or pulses



- How it can be included in the diet:**
- ✓ Lean meat (without fat).
 - ✓ Grilled/ baked meat (avoid frying).
 - ✓ Fresh meat & fish.
 - ✓ Make sure the meat is cooked through to kill any bacteria.

Fats

Give the body energy & help to absorb vitamins.

Unhealthy: Saturated & trans-fat
دهون مشبعة ومتحولة (limit them)

Healthy: Un-saturated fats
دهون غير مشبعة

- Nuts
- Seeds
- Olive oil
- Rapeseed oil
- Avocados
- Oily fish (e.g., salmon & trout)



During pregnancy calories intake (the amount of food) will increase





National Nutrition Guide









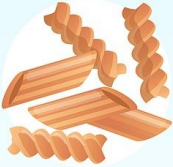







- Vegetables
- Fruits
- Fats
- Water
- Cereals and their products
- Milk and dairy foods
- Meat, eggs and legumes

• In the UAE, the model which is used to represent food groups is shaped like Burj Khalifa

• It is divided into 6 food groups & the 7th group is water at the base of the tower.





COMPLEX CARBS		VS	SIMPLE CARBS	
				
				
				
				



Saturated fatty acid

CCCCCCCCCCCC(=O)O

Unsaturated fatty acid

CCCCC=CCCC(=O)O

healthy

الدهون غير المشبعة تكون غير مستقرة ولهذا السبب تتكسر بسهولة وتكون سهلة الهضم وتفيد الجسم.

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 المنهج الإماراتية

Extra nutritional requirements:

B9 ^{المهم لرحلة الحمل}
Vitamin B9
 أشهر من الحمل

صناعي (مكمل غذائي)
 Man-maid/ synthetic version: **foliac acid**
 Supplement of 400 µg

طبيعي من الطعام
 Natural version from food: **folate**

- ^ Broccoli
- ^ Asparagus
- ^ Green leafy vegetable (e.g., spinach)
- ^ Fortified foods

أمثلة على العيوب الخلقية:

Normal Anencephaly Spina bifida

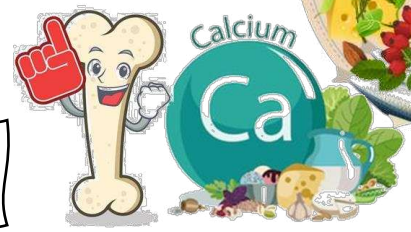
Vitamin B9 helps prevent the fetus developing defects of the brain, spine or spinal cord (**neural tube defects NTDs**)

Ca
Calcium (Ca²⁺)
 Important to build strong bones

Milk & dairy products:
 Milk/ cheese/ yogurt

Non-dairy foods:

- ^ Dried fruit
- ^ Sardines with the bones
- ^ Non-dairy milk alternatives (e.g., soy, almond, oat milk)
- ^ Green leafy vegetables
- ^ Fortified foods

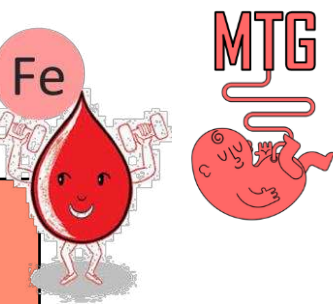


Fe
Iron (Fe)
 Important to produce blood

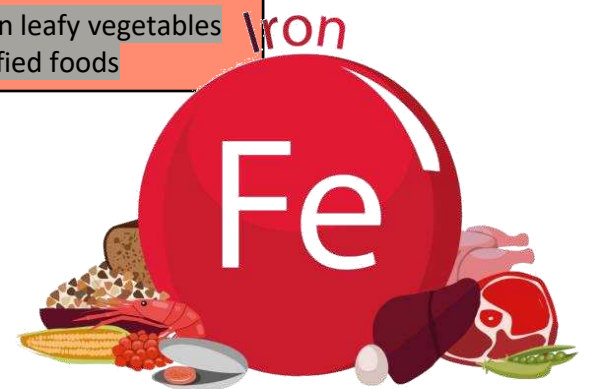
Important to build red blood cells & avoid developing "anemia"

Anemia:
 Makes a pregnant woman to be tired & weak.
 Can cause the baby to be a low birth weight or to be born early.

- How it can be included in the diet:**
- ✓ Red meat
 - ✓ Eggs
 - ✓ Pulses
 - ✓ Seafood
 - ✓ Green leafy vegetables
 - ✓ Fortified foods



المصادر الغنية بالبروتين تكون غنية بالحديد كذلك!



Fortified foods: foods which have vitamins & minerals added to them (e.g., breakfast cereals & bread).
 أغذية مدعمة.

Supplement: a liquid/ tablet that provides a nutrient & it can be added to a food/ drink.
 مكمل غذائي.

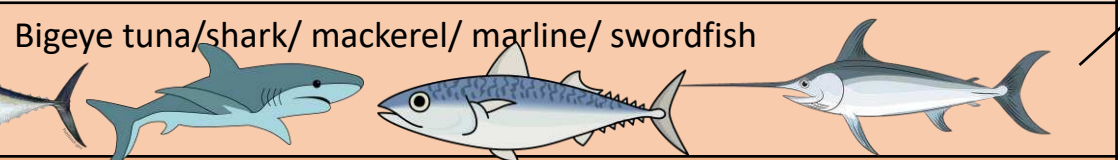
Foods to avoid during pregnancy:

BLACKLIST

X Caffeine:



X Fish high in mercury:

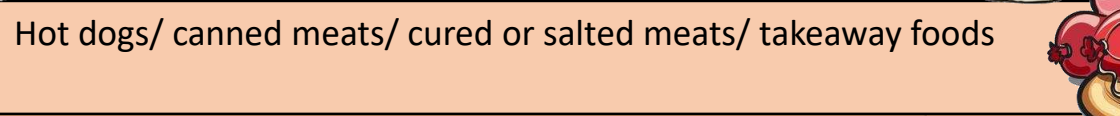


X High fat, salt & sugary foods (too much can raise blood pressure & cause a pregnant woman to gain too much weight)

X Saturated & trans-fat:
(can lead to the build up of fatty layer in the arteries)



X Processed meat:
(high in salt & saturated fat)

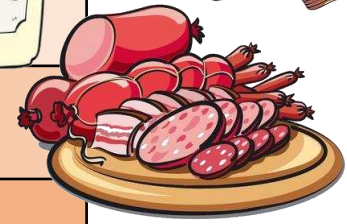
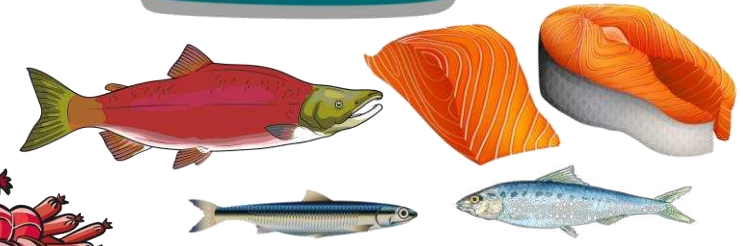


X Bacteria & parasites:

- Raw sprouts vegetables براعم النباتات
 - Under-cooked or raw meat/ egg/ fish
 - Processed meat
 - Unpasteurized milk & dairy products (blue cheese)
 - Unwashed fruit & vegetables
-

Instead:
Pregnant woman should choose seafood that are low in mercury such as:
Canned light tuna
Salmon
Anchovies
Sardine

2-3 times a week!





Weight gain during pregnancy

If before pregnancy
you are:

Your recommended weight
gain during pregnancy is:

Underweight
(BMI < 18.5)

12.5 - 18 kg
(28-40 lb)

Healthy weight
(BMI 18.5 – 24.9)

11.5 - 16 kg
(25-35 lb)

Overweight
(BMI 25.0 – 29.9)

7 - 11.5 kg
(15-25 lb)

Obese
(BMI ≥ 30.0)

5 - 9 kg
(11-20 lb)

Example:

If a woman has a BMI of 22 before pregnancy, she is expected to gain between 11.5 and 16 Kg.

interesting

Food craving: الوحام

Many women “crave” certain foods during pregnancy.

Usually they crave for sweets, ice-cream or fast food, but sometimes they crave very unusual combinations such as pickles with ice-cream.

This might be because of:

- # Hormonal imbalance
- # Nutritional deficiencies
- # Need for comfort food



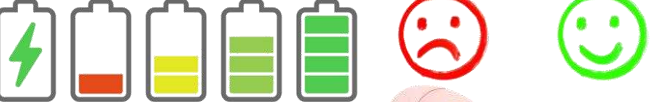
Exercise during pregnancy



BLACK LIST

Benefits of physical activity:

- # Improves self-esteem & mood.
- # Helps to gain healthy weight.
- # Improves energy levels.
- # Reduces stress & anxiety.
- # Reduces the risk of developing gestational diabetes.
- # Strengths muscles & helps to prepare mother's body for childbirth.
- # Faster recovery after giving birth.

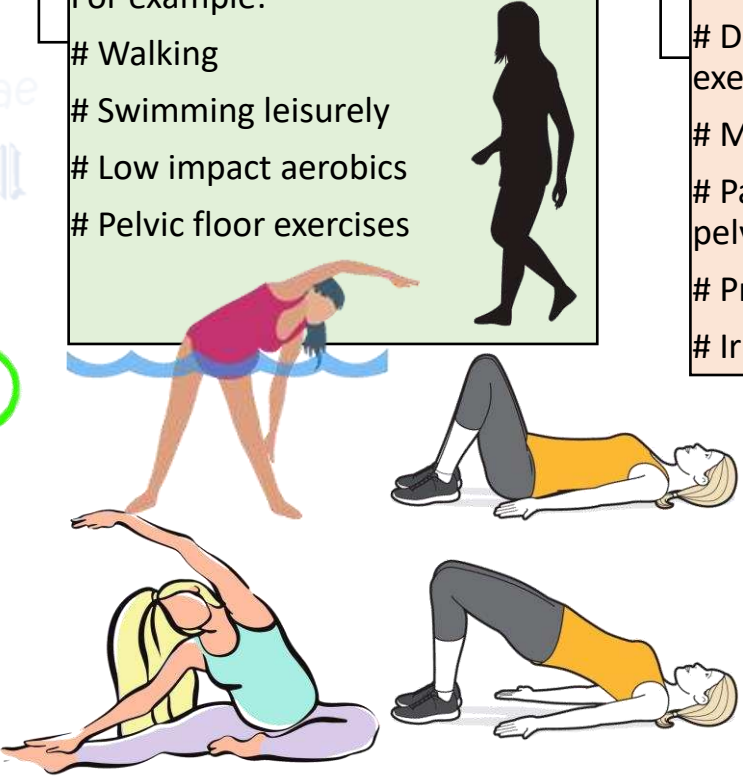


Recommended exercises:

Moderate intensity activity for 150 mins a week or 30 mins 5 days a week.

For example:

- # Walking
- # Swimming leisurely
- # Low impact aerobics
- # Pelvic floor exercises



When to stop physical activity?

- # Bleeding/ fluid loss
- # Chest pain
- # Decreased movement from the fetus
- # Dizziness
- # Difficulty breathing before exercise
- # Muscle weakness
- # Pain around the stomach or pelvis
- # Pre-term labour or contractions
- # Irregular heartbeat

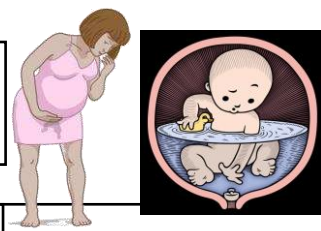
Exercises to avoid:

- # Kickboxing or judo (there is a risk of being hit)
- # Horse-riding or rock climbing (there is a risk of falling)
- # Laying flat on back for a long period of time particularly after week 16 (she might feel faint or dizzy)





Medical care during pregnancy



Labor signs include:

- 1) Lower backpain & around the stomach
- 2) The release of amniotic fluid (water break)
- 3) Contractions



Medical needs:

Foetal Development: Unborn Baby Movement at 24 Weeks | WIRED - YouTube

Ultrasound scans:
Check if the fetus is growing at a healthy rate.
2 things are recorded:
1) Heart rate
2) Breathing



Hypertension: ارتفاع ضغط الدم
Women can experience high blood pressure during pregnancy & this need monitoring.



Gestational diabetes: سكري الحمل
Cause: it happens because the body cannot produce enough insulin to meet the extra demands of the pregnancy.
Result: hyperglycemia (high blood glucose/sugar)
Generally, it goes away after childbirth



Non-emergency medical care: (common problems)

- # Backpain
- # Low iron levels in the blood (anemia)
- # Constipation
- # Fatigue (tiredness)
- # Heartburn
- # Morning sickness
- # Swelling of the legs (edema)



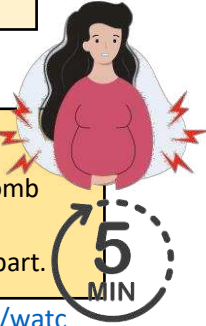
Emergency medical care:

- # No movement from the fetus
- # Excessive fatigue
- # Excessive thirst
- # Feeling of anxiety
- # Heavy bleeding
- # More than 3 contractions per hour
- # Sudden loss of fluid
- # Unexplained pains



Labour/ childbirth المخاض والولادة (the process of the baby leaving the womb)

Stage1:
Contractions start (uterus/ womb muscles tighten & relax)
Contractions around 5 mins apart.

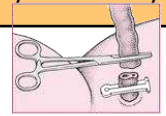
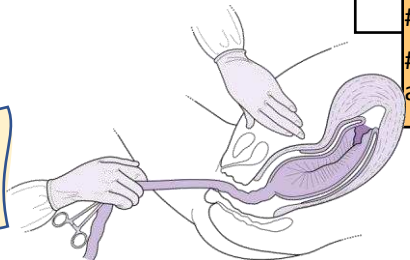


<https://www.youtube.com/watch?v=duPxBXN4qMg>

Stage2:
The urge to push.
The contractions become stronger & last longer.
The abdominal muscles help to deliver the baby. (the baby is finally out!)
This stage lasts 1-2 hours



Stage3:
The umbilical cord is clamped.
The placenta is delivered 5-20 mins after the delivery of the baby.

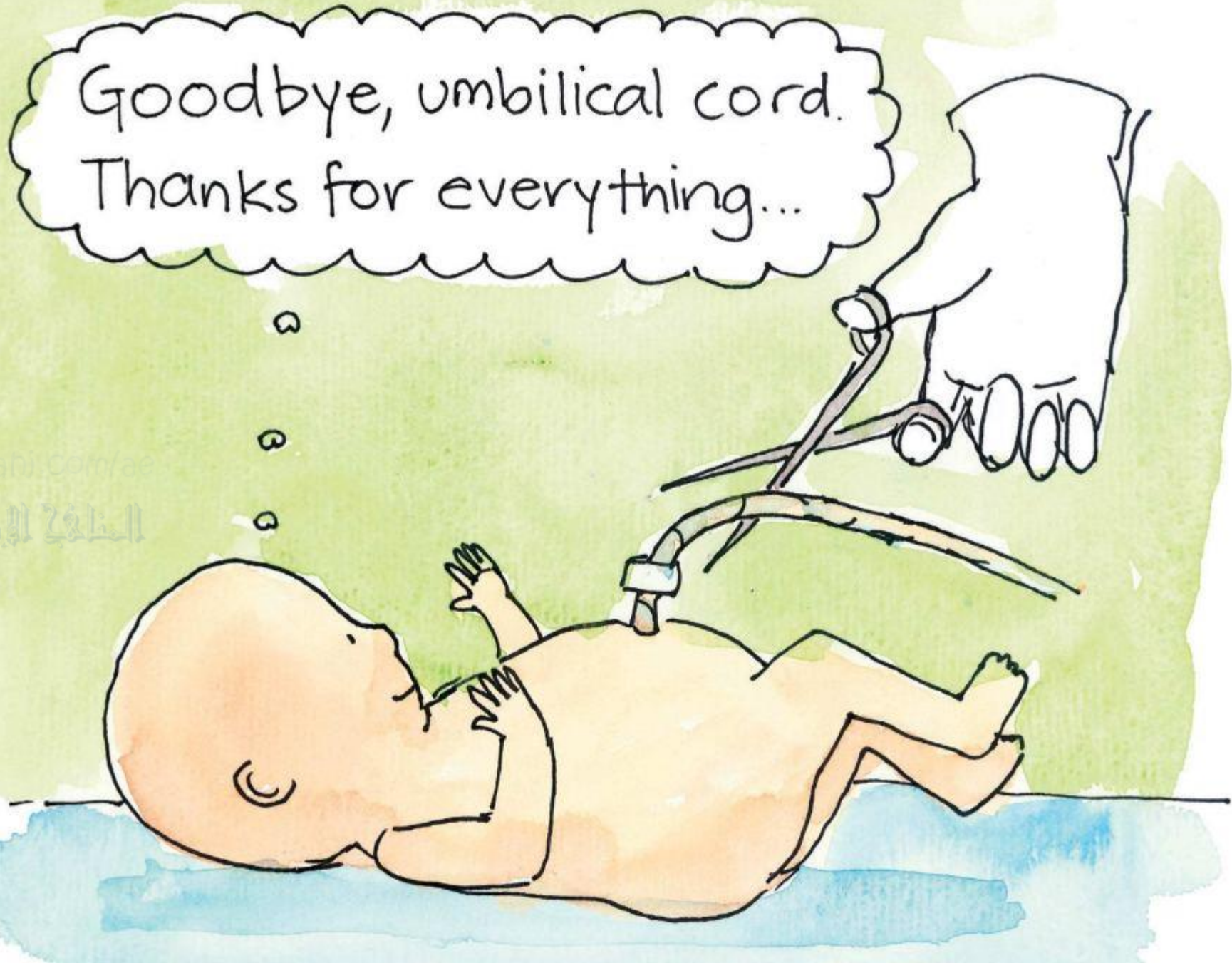


Cord Is Cut



Braxton hicks (irregular contractions) المخاض الكاذب can be mistaken for labour contraction





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