

## Appendix H: Feeding Infants Pre- and Post-Test

1. All of these pictures show a baby giving a sign he or she is hungry, *except* (circle one):



Makes sucking noises



Opens mouth for bottle



Sleeping



Rooting

2. All of these pictures show a baby giving a sign he or she is full, *except* (circle one):



Pushing food away



Crying



Stops sucking



Seals lips together

3. **A mother brings in an infant formula for her baby.** The child care provider has worked with babies for years, and prepares the infant formula the same way she does with all other formulas. Is the child care provider preparing the infant formula correctly? Why or why not?

4. **The parents of a 9-month-old tell you that they are going to switch their baby from formula to whole cow's milk.** This is because the rest of the family drinks cow's milk and it will be cheaper. Which of the following would be an appropriate response:

- A. Cow's milk is not safe for children younger than 12 months because it does not provide the nutrition those infants need and can be hard for a baby to digest.
- B. This may be difficult since cow's milk tastes different. Adding flavor or sweetener can help the baby transition.
- C. Formula can be expensive, but there is a local WIC clinic that can help.
- D. A and C.
- E. All of the above.

5. **Which foods are creditable in the infant meal pattern and can be offered when the baby is developmentally ready? Circle all that apply.**



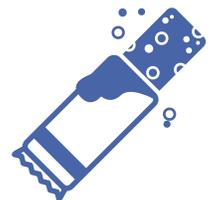
Soy yogurt



Pureed carrots



Finely chopped baked chicken



Granola bar

**6. You are serving older children fat-free (skim) milk, pancakes, and strawberries for breakfast.**

Which of these foods can you also serve the 10-month-old in your program in order to claim reimbursement for the breakfast meal? Choose all that apply:

- A. Fat-free (skim) milk
- B. Breastmilk or iron-fortified infant formula
- C. Pancakes
- D. Finely chopped strawberries
- E. Iron-fortified infant cereal

**7. All of the following baby foods from the store are creditable, except:**

- A. Meat with gravy
- B. Fruits and vegetables
- C. Vegetables and meat
- D. Pudding

**8. All of the following finger foods are creditable in the CACFP infant meal pattern and can be prepared the right way to avoid choking, except:**

- A. Small strips of bread
- B. Finely chopped watermelon
- C. Chunks of peanut butter or other nut butters
- D. Soft, cooked, chopped vegetables

**9. In the Child and Adult Care Food Program, a baby should be given solid foods:**

- A. When the parents tell you to.
- B. When the baby is sitting up with good head control and reaches for food.
- C. At exactly 6 months of age.
- D. A and B.

**10. Select which items are important for parents and child care providers to share with each other:**

- A. Baby's food allergies or intolerances.
- B. If the baby has eaten solid foods and if so, which ones.
- C. Baby's usual eating habits when fed breastmilk, iron-fortified infant formula, and solid foods when developmentally appropriate.
- D. Food preferences (cultural or other) that are important to the family.
- E. All of the above.

**Answers:** 1. Sleeping • 2. Crying • 3. No. The child care provider is not preparing the infant formula the correct way. She should always follow the instructions on the package to make sure she is adding the correct amount of water to the infant formula. • 4. D • 5. Pureed carrots and finely chopped baked chicken. • 6. B, D, E • 7. D • 8. C • 9. D • 10. E