

Feeding Infants in the CACFP

Lesson 1: Overview of the CACFP Infant Meal Plan

Pre-Test

1. True or False: Responsive feeding means that you feed a baby when he or she shows signs of being hungry and stop feeding when the baby shows signs of being full.
 - A. True
 - B. False

2. A father brings in organic pureed carrots for his 6-month-old baby to have at lunch. The baby is eating foods from all food components. As the child care provider, what foods do you need to offer to the baby to claim reimbursement for lunch?
 - A. Iron-fortified infant formula
 - B. Crackers
 - C. Iron-fortified infant cereal and/or meat/meal alternate
 - D. A and C

3. Yes or No: A mother breastfeeds her 3-month-old baby before she brings him to child care. He is asleep when he arrives and stays asleep until 10 a.m. You did not offer him breakfast since he was asleep. At 10:15 a.m. he shows signs of hunger. Can you claim the breakfast meal if you offer the baby 4-6 fluid ounces of breastmilk at 10:15 a.m.?
 - A. Yes
 - B. No



Feeding Infants in the CACFP

Lesson 1: Overview of the CACFP Infant Meal Plan

Post-Test

1. True or False: Responsive feeding means that you feed a baby when he or she shows signs of being hungry and stop feeding when the baby shows signs of being full.
 - A. True
 - B. False

2. A father brings in organic pureed carrots for his 6-month-old baby to have at lunch. The baby is eating foods from all food components. As the child care provider, what foods do you need to offer to the baby to claim reimbursement for lunch?
 - A. Iron-fortified infant formula
 - B. Crackers
 - C. Iron-fortified infant cereal and/or meat/meal alternate
 - D. A and C

3. Yes or No: A mother breastfeeds her 3-month-old baby before she brings him to child care. He is asleep when he arrives and stays asleep until 10 a.m. You did not offer him breakfast since he was asleep. At 10:15 a.m. he shows signs of hunger. Can you claim the breakfast meal if you offer the baby 4-6 fluid ounces of breastmilk at 10:15 a.m.?
 - A. Yes
 - B. No

