

Feeding Infants in the CACFP

Lesson 7: Developmental Readiness for Solid Foods

Pre-Test

1. True or False: Babies are always ready for solid foods at exactly 6 months of age.
 - A. True
 - B. False

2. Which statement best describes why a baby should not be fed solid foods before he or she is developmentally ready?
 - A. A baby may choke on the food.
 - B. A baby may drink less breastmilk or infant formula than needed in order to grow.
 - C. A baby may be overweight or obese later in life.
 - D. All of the above.



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Post-Test

1. True or False: Babies are always ready for solid foods at exactly 6 months of age.
 - A. True
 - B. False

2. Which statement best describes why a baby should not be fed solid foods before he or she is developmentally ready?
 - A. A baby may choke on the food.
 - B. A baby may drink less breastmilk or infant formula than needed in order to grow.
 - C. A baby may be overweight or obese later in life.
 - D. All of the above.

