

Feeding Infants in the CACFP

Lesson 8: Infant Feeding Skills and Modifying Food Textures

Pre-Test

1. 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 which one?
 - A. Small strips of bread
 - B. Finely chopped strawberries
 - C. Chunks of peanut butter
 - D. Finely chopped whole eggs (yolk and egg white)

2. Which is a best practice for preparing baby foods?
Choose all that apply.
 - A. Modify the texture by pureeing, mashing, grinding, or finely chopping.
 - B. Cut round foods into short strips (lengthwise) rather than round pieces.
 - C. Remove pits, seeds, skins, and tough peels from fruits and vegetables.
 - D. All of the above.

3. To prepare foods that can be easily chewed by a baby, cut soft foods into small pieces: no larger than _____ or into thin slices or strips.
 - A. 1/2 inch
 - B. 2/3 inch
 - C. 3/4 inch
 - D. 1 inch



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Post-Test

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