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. Finey 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
Feeding Infants in the CACFP

Lesson 8: Infant Feeding Skills and Modifying Food Textures

Post-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. Finey 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