Workbook

Name: __________________________ Date: ___________

Local Agency/Clinic: ______________

Answer Page

(Use these pages to mark your final answers to the test questions.

Answer Page: Part 1 Test

1. □ A □ B □ C □ D
2. □ True □ False
3. □ A □ B □ C □ D
4. □ True □ False
5. □ True □ False
6. □ A □ B □ C □ D
7. □ A □ B □ C □ D
8. □ A □ B □ C □ D
9. □ breastmilk □ properly diluted infant formula □ plain water □ all of the above
10. □ True □ False □ True □ False □ True □ False □ True □ False
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Answer Page: Part 2 Test

1. □ A  □ B  □ C  □ D
2. □ A  □ B  □ C  □ D
3. □ True □ False
   □ True □ False
   □ True □ False
   □ True □ False
4. □ True □ False
   □ True □ False
   □ True □ False
   □ True □ False
5. □ A  □ B  □ C  □ D
6. □ True □ False
   □ True □ False
   □ True □ False
   □ True □ False
7. □ A  □ B  □ C  □ D
8. □ True □ False
9. □ A  □ B  □ C  □ D
10. □ A □ B □ C □ D
About the Infant Feeding Workbook

This workbook contains activities and test questions that pertain to information in the Infant Feeding Module as well as some key reference tables. This workbook is your personal copy to use and keep. Feel free to write in it and use it to record your answers to the activities and test questions.

Using this Workbook Along with the Infant Feeding Module

As you read through the main text of the Infant Feeding Module, icons will prompt you to stop and refer to the corresponding activities and test questions in this workbook.

Activities – The activities in this workbook will enhance your learning and help you apply the information in the module.

Test Questions – This workbook contains two sets of test questions that relate to information in the two parts of the module.

Record your final test answers on the answer sheets located in the front of this workbook. The answer sheets can be removed from the workbook if you need to submit them to a supervisor. Each local agency has different procedures for checking test answers and making corrections. Check with your supervisor to find out the procedure in your clinic.
Infant Feeding Workbook—Part 1

Case Study 1.1—Providing a WIC Mother with Infant Feeding Advice

Lisa is a first time mother who is in your clinic today to certify her 4 month old infant named Lucy. She has questions about feeding her infant. Use table 1.2a and 1.2b to answer the following questions to determine if Lucy is ready to begin consuming solids.

Lisa states she gave Lucy some pureed applesauce for the first time this week but is concerned that Lucy did not like it because she kept spitting it out and choked. Lucy is in an infant carrier and starts to fuss. When Lisa removes her from the carrier, you notice that Lucy does not hold her head up without support. Lisa offers Lucy a bottle and she settles down and begins to coo.

1. Table 1.2a lists the age at which infants obtain feeding skills. Has Lucy reached some of the developmental milestones to start feeding?

2. Based on your answer, how would you counsel Lisa as far as starting solids at this time?

3. Table 1.2b lists hunger and satiety cues in infants. What feeding cues did you observe during your time with Lucy?
Part 1 Test:

Use the Answer sheet at the front of the workbook to complete the following questions:

1. When babies are able to follow their own feeding schedules (eating when they are hungry and stopping when they are full) they usually:
   - A. eat too much and gain extra weight
   - B. don’t eat enough and lose weight
   - C. adjust their intake to the right amount of calories and grow normally
   - D. a and b

2. Compared to adults, babies need less fat in their diet.
   - True or False

3. Requirements for vitamin D for infants have:
   - A. decreased to 100 IUs per day over the first few days of life
   - B. increased to a minimum of 400 IUs per day in the first few days of life
   - C. stayed at 200 IUs per day beginning in the first 2 months of life
   - D. there are no recommendations to supplement infants with vitamin D

4. Most infants are born with iron stores that last the first year of life.
   - True or False

5. The main source of carbohydrates during the first six months of an infant’s life is lactose.
   - True or False

6. Developmental readiness refers to:
   - A. the point at which a fetus becomes fully developed and is ready for birth
   - B. the point at which a baby has acquired new skills and is ready to try new foods, textures and feeding methods
   - C. the point at which a breastfed baby is ready to wean from the breast
   - D. the point at which a baby can feed himself
7. In a positive parent-child feeding relationship, the parents should:
   - A. set up a strict feeding schedule
   - B. offer foods and textures that are beyond the infant’s feeding skills
   - C. watch and respond to the baby’s hunger and fullness cues
   - D. none of the above

8. Infants who are sleepy:
   - A. are generally non-demanding
   - B. tend to fall asleep shortly after the feeding starts
   - C. can become dehydrated and underfed if caregivers rely too much on hunger and fullness cues
   - D. all of the above

9. Under normal circumstances, when adequately fed, healthy infants get all the water they need from (check all that apply):
   - breastmilk
   - properly diluted infant formula
   - plain water
   - all of the above

10. Mark the following statements as True or False.
   - True  False  nitrates are compounds found in well-water
   - True  False  nitrates are not harmful to infants or adults
   - True  False  the American Academy of Pediatrics (AAP) and Centers for Disease Control (CDC) recommend well-water be tested yearly for nitrates
   - True  False  symptoms of nitrate poisoning include shortness of breath and blue-baby syndrome
Case Study 2.1—Determining When An Infant Is Ready To Start Solids

Mary has a premature infant that was born at 35 weeks. He is six months old and in the clinic today. Even though her doctor has stated she could start solids now, she has not given her baby any pureed foods yet. She did give him a small amount of infant cereal this morning before coming to the clinic. How would you help Mary determine if her baby was ready to start solids?

List two questions you would ask:

What observations could you make while the baby is in the clinic:

Are there any WIC pamphlets that may be available for premature infants and feeding guidance?

You determined by your questions and observations that Mary’s baby was sitting up by himself and has good head control. Mary stated he opened his mouth when she offered him a spoon of infant cereal today though he was a little messy.

Is Mary’s baby ready to start solid foods at this time?
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Activity 2.2

Answer the following questions using Table 2.1 How the Recommended Sequence of Introducing Complementary Foods Corresponds with Food Textures and Feeding Styles.

1. At what age are complementary foods generally introduced?
   - A. 5 to 6 months
   - B. 4 to 6 months
   - C. 3 to 6 months
   - D. 2 to 4 months

2. Mark all textures appropriate to feed a 10 month old infant.
   - strained/pureed
   - mashed
   - chopped
   - ground
   - finely chopped

3. At what age would it be appropriate to begin to introduce the cup?
   - A. 7 to 9 months
   - B. 4 to 6 months
   - C. 10 to 12 months
   - D. 6 to 8 months

4. Infants will begin to self-feed and start finger foods at about the age of 8 to 12 months.
   - True or False

5. Infants can continue to breastfeed or formula feed once they start complementary foods throughout their first year of life.
   - True or False
6. What texture should an infant be fed when being introduced to complementary foods for the first time? Mark all that apply.

☐ mashed
☐ thin pureed
☐ finely chopped
☐ strained

Case Study 2.3—Food Allergies

List some common food allergies and common allergic reaction symptoms.
Case Study 2.4—Choking Hazards

List some foods that are common choking hazards.

Use Table 2.4a Modifying Foods to Prevent Choking to answer the following questions:

1. What steps should be taken when serving cheese to prevent choking?
   - A. cut into chunks
   - B. do not give at all
   - C. cut lengthwise into strips
   - D. make round pieces

2. It would be appropriate to provide raw carrots as long as they are cut into small strips.
   - True or False

3. Mark all foods/preparations that are appropriate to serve:
   - cooked vegetables cut into strips
   - cooked hot dogs cut into strips
   - whole kernel corn
   - peanut butter
   - raw, cut apples
   - cooked, mashed beans

4. To prevent choking, remove pits, seeds and skins from all fruit before serving.
   - True or False

5. To prevent choking, cook vegetables until soft and cut into short strips.
   - True or False
Part 2 Test:

Use the Answer page at the front of the workbook to complete the following questions:

1. Feeding solids too early increases a baby’s risk of:
   - [ ] A. choking
   - [ ] B. allergic reactions
   - [ ] C. a reduced intake of breastmilk or infant formula
   - [ ] D. all of the above

2. What are the signs an infant is developmentally ready to begin solid foods?
   - [ ] A. Sits up alone or with help, holds head up straight and steady, close lips over spoon and pulls food off the spoon, shows a desire for food by opening his mouth and leaning towards the spoon
   - [ ] B. Sits up alone or with help, holds head up straight and steady, keeps food in the front of the mouth, raises his tongue up
   - [ ] C. Holds head up straight and steady, shows a desire for food by opening his mouth and leaning towards the spoon, keeps food in front of his mouth
   - [ ] D. Holds head up straight and steady, closes his lips over the spoon and pulls food off the spoon, gag reflex is prominent

3. Mark each statement as being true or false.
   - [ ] True    [ ] False Caregivers should introduce vegetables before fruits or else the baby will never like vegetables
   - [ ] True    [ ] False Caregivers should feed at least 6 tablespoons of a brand new food so that the baby can fully experience the new flavor and texture
   - [ ] True    [ ] False Caregivers should wait to offer a mixed food, like peas and carrots, until after the baby has tried all the foods (or juices) in the mixture individually
   - [ ] True    [ ] False It is best to force a baby to eat new foods even if he does not like the food so that he gets accustomed to the taste and texture of the food
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4. Mark each statement as being true or false.

- True  False  Older infants who drink juice should drink 100% pasteurized fruit juice and limit intake to no more than 4 ounces per day
- True  False  Breastmilk and infant formula do not provide enough water so caregivers should give an additional 6 ounces of water to their infant per day
- True  False  Honey is a safe, healthy sugar alternative to feed infants
- True  False  Caregivers should avoid baby food cobblers, puddings, and custards since they have added sugars and fillers

5. Which food is a good choice as a first food for most healthy infants?

- A. iron-fortified infant cereal (rice, oatmeal, wheat)
- B. vegetables
- C. fruits
- D. any of the above

6. Mark each statement as being true or false. True or False

- True  False  Hereditary can play a role in the occurrence of food allergies.
- True  False  Caregivers should wait a minimum 2 or 3 days between the introduction of each new food
- True  False  Herbal teas or dietary botanical supplements are a safe option for older infants
- True  False  Infants should not be provided with cow’s milk until after one year of age

7. The American Academy of Pediatric Dentistry (AAPD) and the American Academy of Pediatrics (AAP) recommend that infants should see a pediatric dentist for the first time when:

- A. within 9-months after their first tooth eruption or by 12-months of age
- B. after their first tooth eruption or by 12-months of age
- C. after their first tooth eruption or by 24-months of age
- D. within 9-months after their first tooth eruption or by 24-months of age
8. Women who are breastfeeding a jaundice baby should be advised to stop breastfeeding until their infants jaundice is resolved.
   □ True  □ False

9. By what age should infants be weaned from a bottle to a cup?
   □ A. 8 to 12 months
   □ B. 9 to 12 months
   □ C. 6 to 9 months
   □ D. 12 months to 14 months

10. What are the recommendations provided by the Health and Human Services (HHS) department to avoid Bisphenol A (BPA) exposure?
   □ A. Support breastfeeding for at least 12 months whenever possible, discard scratched baby bottles and infant feeding cups, do not heat canned liquid infant formula on the stove or microwave
   □ B. Do not put boiling or very hot water, infant formula or other liquids in BPA-containing bottles while preparing them for your child, sterilize and clean bottles following infant formula label instructions
   □ C. Use only containers marked “dishwasher safe” in the dishwasher and “microwave safe” in the microwave, do not heat baby bottles of any kind in the microwave
   □ D. All of the above