

**INFANT
NUTRITION
POST TEST**

Name: _____

Local Agency: _____

Date: _____

Score: _____

For questions 1 to 20, put a "T" (for True) or an "F" (for False) in the space to the left of each of the following statements.

1. ___ Breast milk is the best milk for infants in their first year of life.
2. ___ Human milk is perfectly suited to the nutritional needs of the human infant.
3. ___ Breast milk is hard to digest.
4. ___ Infant formula contains more cholesterol than breast milk.
5. ___ Breast milk has many special substances that protect the infant against infection.
6. ___ Overfeeding is common among breastfed infants.
7. ___ Smaller newborns may require smaller, more frequent feedings than larger newborns.
8. ___ All infants can be expected to sleep through the night without feedings by 4 months of age.
9. ___ Only bottle-fed infants need to be burped. Breastfed infants do not need burping.
10. ___ Solid foods should be fed from a spoon, and not from a bottle.
11. ___ When introducing solid foods to an infant, it is okay to introduce several new foods at the same time.
12. ___ Once solids are introduced into an infant's diet, each new food should be fed for 2 to 3 days before introducing another new food into the infant's diet.
13. ___ Baby food jars should be washed before opening, and the jar lids should make a popping sound when opened.
14. ___ An infant should be forced to eat a new food, even if he/she does not like it.
15. ___ The baby is usually the best judge of how much he/she should eat.
16. ___ Infants do not need salt, sweeteners, seasonings, and fat added to their food.
17. ___ The caregiver should feed the baby directly from the baby food jar.
18. ___ An infant who is eight months to twelve months of age should be eating many types of solid foods with a variety of textures and colors.
19. ___ Powdered formula should be prepared with hot tap water.

(Revised 5/2000)

20. ___ Microwaving formula is an acceptable way to heat up formula if the bottle is shaken well before feeding.

For questions 21-25, circle the letter of the one correct response for each of the following questions:

21. How should "ready-to-feed" formula be prepared?
- Mix it with some powdered formula.
 - Dilute it with 2 cups of water.
 - It requires no mixing or diluting with water.
 - Mix equal amounts of water and the formula
22. What are the proportions of formula and water needed to mix concentrated liquid infant formula?
- Equal amounts of formula and water.
 - Two times more formula than water.
 - Two times more water than formula.
 - Two cans of formula and two quarts of water.
23. How should powdered formula be prepared?
- Mix equal amounts of formula and water.
 - Prepare according to the specific instructions on the can of powdered formula being used. (It is usually mixed with water in a ratio of one scoop formula to two ounces of water.)
 - Mix 4 ounces of powder with one gallon of water.
 - Use a soup spoon to measure the powder.
24. Where should prepared formula or sterilized bottles of infant formula be stored until feeding time?
- In the refrigerator
 - On the kitchen counter
 - In a dark, cool cupboard
 - In a bottle warmer
25. Which of the following, when eaten in combination with a food source of iron, will help increase the amount of iron absorbed from food?
- Water
 - Milk
 - Dark green vegetables
 - Vitamin C

26. The following are the names of different types of infant formulas. Put a "C" (for cow) next to those that are made from cow's milk, and put an "S" (for soybeans) next to those made from soybeans.

- | | |
|-------------------------------------|----------------------------------|
| <input type="checkbox"/> Alsoy | <input type="checkbox"/> Similac |
| <input type="checkbox"/> ProSobee | <input type="checkbox"/> Isomil |
| <input type="checkbox"/> Good Start | <input type="checkbox"/> Enfamil |

27. Briefly explain why it is extremely important that concentrated and powdered infant formulas be mixed with the proper amounts of water.

28. Briefly explain why sterilization and sanitation measures should be used during bottle preparation

29. Place a check mark (✓) next to those types of milk which are appropriate to feed an infant during the first year of life:

- | | |
|---|--|
| fresh whole cow's milk <input type="checkbox"/> | iron-fortified infant formula <input type="checkbox"/> |
| skim milk <input type="checkbox"/> | sweetened condensed canned milk <input type="checkbox"/> |
| breast milk <input type="checkbox"/> | powdered lowfat milk <input type="checkbox"/> |
| goat's milk <input type="checkbox"/> | |

30. There are only three items which should be fed from a bottle. List them.

- a. _____
- b. _____
- c. _____

31. Briefly explain why it is important to burp a baby during and after each feeding.

For questions 32-36, complete the following phrases by circling the letter of the one correct response for each question.

32. Newborn infants, whether breast- or bottle-fed, need to be fed:
- on the same schedule as the rest of the family
 - throughout the day only
 - throughout the day and night
 - on a strict schedule of every 4 hours
33. Feeding a newborn "on demand" means:
- that the infant will soon be spoiled
 - that the infant is fed when he/she is hungry and eats until he/she is full
 - that the caregiver puts the baby on a strict feeding schedule
 - none of the above
34. Solid foods should first be introduced to infants between the ages of:
- two to three months
 - four to six months
 - five to nine months
 - ten to twelve months
35. Weaning from the breast or bottle to a cup:
- is a gradual process
 - should take approximately 1-2 days
 - should take approximately 1-2 weeks
 - none of the above
36. Weaning from a bottle should begin when an infant:
- turns one year old
 - starts to sleep through the night
 - can sit up without support and is eating solid foods
 - none of the above
37. Read the following situation and then answer the question that follows by circling the letter of the one correct response.

Situation: A 5-month old infant is showing the following signs of developmental readiness:

- The ability of the tongue and swallowing mechanism to deal with non-liquids.
- The ability to sit with good head and neck support.
- The ability to indicate a desire for food by opening the mouth and leaning toward the spoon.

What would be appropriate for the caregivers of this 5-month-old infant to do? The caregivers should:

- a. Expect the infant to begin to sleep through the night.
- b. Begin to introduce solid foods to this infant.
- c. Offer this infant fresh whole milk.
- d. Expect this infant to start crawling.

38. Place a check mark (✓) next to those foods or drinks that would be appropriate to feed a 4-7 month old infant.

- | | |
|--------------------------|--------------------------------|
| peaches in heavy syrup__ | iron-fortified infant cereal__ |
| strained chicken__ | apple juice__ |
| strained pears__ | egg yolks__ |
| strained carrots__ | peach cobbler dessert__ |
| egg white__ | tea__ |
| fruit punch drink__ | orange juice__ |

39. Place a check mark (✓) next to those foods or drinks that would be appropriate to feed a 7 to 12 month old infant.

- | | | |
|---------------------|-------------------------------|----------------|
| whole meat sticks__ | soft, peeled fruit__ | mashed beans__ |
| popcorn__ | peanut butter__ | |
| nuts__ | small pieces of tender meat__ | |
| cooked vegetables__ | cherries__ | |
| mild cheese__ | toast pieces__ | |
| raw vegetables__ | honey__ | |

40. Review the list of foods in Question 39. From this list, choose 4 foods which can cause choking in an infant. List them.

- a. _____
- b. _____
- c. _____
- d. _____

41. Briefly explain: a) what is "Early Childhood Caries," and b) what causes it.

- a. _____

- b. _____

42. List 3 suggestions for the caregiver of an infant with colic:

- a. _____
- b. _____
- c. _____

43. Circle all of the following items that are good sources of iron for infants:

- | | |
|------------------|-------------------------------------|
| breast milk | cooked dried beans and peas--mashed |
| bananas | commercial baby food dinners |
| applesauce | meat--minced |
| fresh whole milk | iron-fortified infant cereal |

44. Today, Corey Chavez, a 6½ month old boy, is in the clinic for a midcertification check. His weight is 12 pounds, 6 ounces, and his length is measured as 24¼ inches. The Master Record from his initial certification visit reveals that he was certified with nutrition risk factors #11 (Prematurity), #12 (Low Birth Weight), #14 (Short Stature), #23 (Mother on WIC), and #74 (Infant of Priority #1 Breastfeeding Mother).

Identify the subjective midcertification risk factors, if any, that should be assigned for him today by plotting his weight and length on the attached growth chart and completing the WIC Nutrition Questionnaire. Also list 2 issues to address with Corey's caregiver and write a question you could ask to gather information for each issue (i.e., a total of 2 questions).

1. Complete the WIC Nutrition Questionnaire
2. Plot weight and length
3. Midcertification Risk Factors (refer to the NRF Module and WIC Mini-Manual for guidance):
4. Issues to address:

a. _____
Question: _____

b. _____
Question: _____