

Feeding Infants in the CACFP

Final Assessment

Instructions: Circle the best response or responses for each question.

1. All of these pictures show a baby giving a sign that he or she is hungry, except (circle one):



Making sucking noises



Opens mouth for bottle



Sucks slowly or
Stops sucking



Rooting

2. All of these pictures show a baby giving a sign that he or she is full, except (circle one):



Pushing food away



Turns head away



Rooting



Seals lips together

3. A mother brings in a new iron-fortified infant formula for her baby. The child care provider has worked with babies for years and prepares the infant formula the same way she does with all other formulas. Is the child care provider preparing the infant formula correctly?

- A. Yes
- B. No

4. 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.

5. Which foods are creditable in the infant meal pattern and can be offered to infants around 6 through 11 months?

Circle all that apply.

- A. Peach cobbler baby food dessert
- B. Pureed carrots
- C. Finely chopped, baked chicken
- D. Granola bar

6. You are serving older children, fat-free (skim) milk, pancakes, and strawberries for breakfast. Which of these foods can you also serve the 10-month-old in your program in order to claim reimbursement for the breakfast meal?

Circle all that apply.

- A. Breastmilk or iron-fortified infant formula
- B. Pancakes
- C. Finely chopped strawberries
- D. Iron-fortified infant cereal

7. A mother wants to come to your child care site at lunch to breastfeed her baby. Can you credit the breastmilk credit towards a reimbursable lunch meal?

- A. Yes
- B. No



8. Baby Sami is 10 months old. Which foods can you offer Baby Sami that are creditable towards a snack and are not considered choking hazards?

Circle all that apply.

- A. Strips of bread or pita
- B. Chunks of peanut butter
- C. Popcorn
- D. Cooked, chopped broccoli florets

9. In the Child and Adult Care Food Program, a baby should start eating solid foods

_____.

- A. The day the baby turns 6 months old.
- B. When the baby is 4 months old.
- C. When the parents tell you the baby is developmentally ready.
- D. None of the above.

10. Which topics are important for parents and child care providers to share with each other?

Circle all that apply.

- A. Baby's food allergies or intolerances.
- B. If the baby has eaten solid foods and if so, which ones.
- C. Baby's usual eating habits when fed breastmilk, iron-fortified infant formula, and solid foods when developmentally appropriate.
- D. Food preferences (religious or other) that are important to the family.
- E. All of the above.