

**INFANT
NUTRITION
POST TEST**

**ANSWER
KEY**

NOTE: This post test is worth a total of 100 points. Each question is worth one point unless otherwise indicated in the brackets to the right of each answer.

1. T
2. T
3. F
4. F
5. T
6. F
7. T
8. F
9. F
10. T
11. F
12. F
13. T
14. F
15. T
16. T
17. F
18. T
19. F
20. F
21. c
22. a
23. b
24. a
25. d
26.

<u>S</u> Alsoy	<u>C</u> Similac	[6 points]
<u>S</u> ProSobee	<u>S</u> Isomil	
<u>C</u> Good Start	<u>C</u> Enfamil	
27. It is extremely important that concentrated and powdered infant formulas be mixed with the proper amounts of water because improper dilution of formula can result in very serious health problems for the infant. Formula mixed with too little water might be too concentrated for a baby to digest easily. Formula mixed with too much water might not supply the calories needed for recommended growth. [2 points]
28. Sterilization and sanitation measures should be used during bottle preparation because these measures help to prevent infant's gastrointestinal problems caused by bacteria. [2 points]
29. Fresh whole cow milk___ Iron-fortified infant formula ✓ (Revised 5/2000) [2 points]

Skim milk___
Breast milk ☒
Goat's milk___

Sweetened condensed canned milk___
Powdered lowfat milk___

30. a. infant formula [3 points]
b. "expressed" breast milk
c. water

31. It is important to burp a baby during and after each feeding [2 points]
to release air that is swallowed. Other acceptable answers
can include: to make the baby more comfortable, or to take
away the "false" full feeling the baby may have due to
swallowed air.

32. c

33. b

34. b

35. a

36. c

37. b

38. Peaches in heavy syrup___ Iron-fortified infant cereal ☒ [6 points]
Strained chicken ☒ Apple juice ☒
Strained pears ☒ Egg yolks ☒
Strained carrots ☒ Peach cobbler dessert___
Egg white___ Tea___
Fruit punch drink___ Orange juice___

39. Whole meat sticks___ Soft, peeled fruit ☒ [6 points]
Popcorn___ Peanut butter___ Mashed beans ☒
Nuts___ Small pieces of tender meat ☒
Cooked vegetables ☒ Cherries___
Mild cheese ☒ Toast pieces ☒
Raw vegetables___ Honey___

40. Any four of the following are correct answers: [4 points]
whole meat sticks, peanut butter, nuts, cherries, raw vegetables, popcorn.

41. a. Early Childhood Caries are serious tooth decay that [4 points]
can occur in infants or toddlers.

- b. Early Childhood Caries are caused by *Streptococcus Mutans* or a bacteria. These bacteria, combined with improper practices such as putting your baby to bed with a bottle of infant formula, milk, juice, or a sweet drink, increase the chances of childhood caries.
42. a. Burp infant if needed [6 points]
 b. Change diaper if needed
 c. Soothe the infant by swaddling him in a blanket, rocking him to music
 Other possibilities--:
 Carry him in a carrier
 Lay him tummy down on the bed and pat his back
43. Breast milk [4 points]
 Cooked dried beans & peas--mashed
 Meat--minced
 Iron-fortified infant cereal
44. 1. 4 points for circling NRFs [4 points]
 2. 6 points for accurate plotting on grid (2 points for each accurate plot point) [6 points]
 3. MC75 for juice in bottle [4 points]
 MC10 for high risk inadequate growth (both height & weight for age are less than 5th)
4. Issues to address: [8 points]
 a. Juice in bottle
 Example questions:
 How much juice is Corey getting in the bottle?
 What have you heard about putting juice in the bottle?
 At what age were you considering offering Corey a cup?
 b. Slow weight gain
 Example questions:
 What has your health care provider said about Corey's weight?
 How has Corey's health been?
 How do you know when Corey is hungry and when he is full?