

# Infant Feeding CACFP: Part One One hour Training



## Growing Futures Approved One hour Training

### Directions:

**Read chapters 1, 2 and 3 in the Feeding Infants book provided by SENDCAA before completing the attached quiz. Quiz must be completed and submitted to SENDCAA to earn the training credit.**

**Your training will be submitted to Growing Futures after you have completed the quiz and qualified for the training credit. We are no longer issuing certificates for completed training. You can log into Growing Futures and check your profile for your training hours. Go to [www.ndgrowingfutures.org/](http://www.ndgrowingfutures.org/) and choose the "training" tab. All of your trainings will appear, beginning with the most recent.**

**This training is only available to participating SENDCAA providers and their child care employees.**

Return completed quiz to:  
SENDCAA CACFP  
3233 S. University Drive Fargo, ND 58104  
Or email to: [sharlao@sendcaa.org](mailto:sharlao@sendcaa.org)



USDA is an equal opportunity provider and employer

Name \_\_\_\_\_ Growing Futures number \_\_\_\_\_

Telephone number \_\_\_\_\_ Email \_\_\_\_\_

Provider's name, if an employee \_\_\_\_\_

## Chapter 1: Giving babies a healthy start with the CACFP

1. Feeding infants "on demand" means feeding infants on a set schedule.
  - a. True
  - b. False
2. A mother breastfeeds her 3 month old infant before she brings him to child care. He is asleep when he arrives at 8 a.m. You did not offer him breakfast, since he was asleep. At 10:15 a.m. he shows signs of hunger. The breakfast meal can be claimed if you offer the infant 4 to 6 ounces of breastmilk?
  - a. True
  - b. False
3. Please list three important things you should discuss with parents regarding their infant's eating habits.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
4. What page number in the Infant Feeding book has an infant daily activity chart that can be shared with parents? \_\_\_\_\_
5. At your Child Care, do you provide an infant daily activity chart to the parents? \_\_\_\_\_
6. Crying is an early sign of hunger for infants.
  - a. True
  - b. False
7. Responsive feeding means that you feed an infant when he or she shows signs of being hungry and stop feeding when the baby shows signs of being full.
  - a. True
  - b. False
8. Please list 3 hunger signs in infants.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
9. A meal is reimbursable if a mother breastfeeds her infant at your Child Care.
  - a. True
  - b. False

10. "Rooting" is when an infant's mouth, lips, cheek, or chin are touched by an object, the infant turns his or her head towards the object and open his or her mouth.
- True
  - False
11. What is the Palmar grasp? \_\_\_\_\_
12. What page in chapter 1 has a handout to share with parents regarding when to start solid foods? \_\_\_\_\_
13. Please list two developmental signs that an infant is ready to eat solid foods.
- \_\_\_\_\_
  - \_\_\_\_\_
14. Many, but not all, infants show signs that they are developmentally ready for solid foods at around 6 months.
- True
  - False
15. What page in chapter 1 of the Feeding Infants book has a handout for parents to complete regarding which foods the infant has had at home? \_\_\_\_\_
16. Is this a form you would provide to your Child Care Parents? Why or Why not? \_\_\_\_\_  
\_\_\_\_\_
17. There are two infant age groups under the CACFP infant meal pattern. They are:
- Birth through 5 months and 6 months through 13 months
  - Birth through 8 months and 9 months through 11 months
  - Birth through 5 months and 6 months through 11 months
  - Birth through 4 months and 5 months through 12 months
18. If a 6 month old baby has breastmilk at 8 am and infant cereal and fruit at 9:30, this meal cannot be claimed.
- True
  - False
19. If a 6 month old infant is developmentally ready for solids, a fruit or a vegetable is required at breakfast, lunch and snack.
- True
  - False
20. What foods are required at snack for a 7 month old that is developmentally ready to have solids?  
\_\_\_\_\_
21. Infant formula and dry infant cereal does not need to be iron-fortified.
- True
  - False

22. In the Child and Adult Care Food Program, an infant should start eating solid foods...
- The day the infant turns 6 months old.
  - When the infant turns 8 months old.
  - When the parents tell you their infant is developmentally ready.
  - None of the above
23. Parents can provide one food component that meets the infant meal pattern requirements.
- True
  - False
24. A mother brings sweet potatoes for her 8 month old infant to have at lunch. The infant is developmentally ready for solids. As the child care provider, what foods do you need to offer at lunch to claim reimbursement? \_\_\_\_\_

**Chapter 2: Feeding the Breastfed Baby: Please read and review chapter 2 and answer the questions below.**

25. Mother's breastmilk changes as the infant grows and changes.
- True
  - False
26. It is important for infants ages birth to 6 months to have water.
- True
  - False
27. Putting infant cereal in the infant bottle will help the infant sleep better at night.
- True
  - False
28. Breastfed babies have fewer stomach problems like diarrhea.
- True
  - False
29. What page in the handbook has a form to provide to the parents to share about their breastfeeding infant? \_\_\_\_\_
30. Breastfed infants usually eat every 1 1/2 to 3 hours in the first few months.
- True
  - False
31. The bowel movements of breastfed infants are usually darker and firmer than formula fed infant's bowel movements.
- True
  - False
32. It is normal for older breastfed infants to have fewer bowel movements and even go for days without one.
- True
  - False

33. Breastmilk may be served in place of fluid milk for children over one year of age and older.
- a. True
  - b. False
34. If a mother breastfeeds her 10 month old infant at your Child Care, you may claim the meal as long as you provide all other required food components.
- a. True
  - b. False

**Chapter 3: Feeding the Formula-Fed Baby: Please read and review chapter 3 in the Feeding Infants book and answer the questions below.**

35. CACFP Child Care Providers must offer at least 2 iron-fortified infant formulas.
- a. True
  - b. False
36. All infant formulas offered at your Child Care must be FDA approved.
- a. True
  - b. False
37. Child Care providers can claim an infant formula purchased online from Europe.
- a. True
  - b. False
38. The infant's parents may decide to: (circle all that apply)
- a. Provide breastmilk and supplement with their own iron-fortified infant formula.
  - b. Provide breastmilk and supplement with the iron-fortified infant formula the provider provides.
  - c. Decline the offered iron-fortified infant formula and bring their own infant formula.
  - d. Provide their own non-iron fortified formula.
  - e. Provide only breastmilk.
39. What page has a form for parents to complete regarding information on their infant formula feeding? \_\_\_\_\_
40. Would you utilize this form at your Child Care? Why or Why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
41. To be considered iron-fortified, an infant formula must have \_\_\_\_ mg of iron or more per 100 calories when prepared using the label directions.
- a. 5
  - b. 4
  - c. 1
  - d. 2

42. Studies have shown that iron-fortified formula does cause stomach issues in infants.
- a. True
  - b. False
43. What is lactose intolerance? \_\_\_\_\_
44. Lactose intolerance is very rare in healthy babies.
- a. True
  - b. False
45. These infant formulas are CACFP creditable (circle all that apply)
- a. Lactose free iron fortified formula
  - b. Soy based iron fortified formula
  - c. Low iron fortified formula
  - d. Low lactose iron fortified formula
46. Low iron infant formula can be offered at a Child Care if:
- a. A parent requests a low iron formula
  - b. The infant is older than 10 months.
  - c. If the infant has a weekly sirloin steak.
  - d. The parent has a signed medical statement by a healthcare provider.
47. If a parent has a medical statement from a health care provider, the statement must provide information of (circle all that apply)
- a. The formula to be avoided
  - b. An explanation on how the avoided infant formula affects the infant.
  - c. A signature of an eligible healthcare provider in the state of North Dakota.
  - d. The cost of the infant formula that will be provided.
48. Please list 4 milks that aren't recommended for infants. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
49. An infant at your Child Care turns 13 months old and is still drinking iron fortified formula instead of whole milk. A provider can continue to give the infant iron fortified infant formula without a medical statement.
- a. True
  - b. False

**Thank You!**