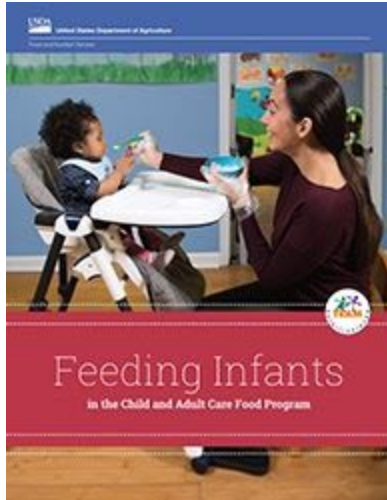


# Infant Feeding CACFP: Part Two One hour Training



## Growing Futures Approved One hour Training

### Directions:

**Read chapters 4, 5 and 6 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: [jennyn@sendcaa.org](mailto:jennyn@sendcaa.org)



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

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

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

#### **Chapter 4: Handling and Storing Breastmilk and Infant Formula**

1. Breastmilk and infant formula have similar appearance and smell.
  - a. True
  - b. False
2. Freshly pumped breastmilk should be cooled before it's mixed with the refrigerated breastmilk.
  - a. True
  - b. False
3. These are acceptable methods of thawing frozen breastmilk. (Circle all that apply)
  - a. At room temperature
  - b. In the refrigerator
  - c. Under warm running water
  - d. Mixing it with warm breastmilk
  - e. Place in boiling water
  - f. Heating in the microwave
  - g. Place in a container of warm water.
4. When should pumped breastmilk that has been in the refrigerator be thrown away?
  - a. One hour
  - b. 12 hours
  - c. After 3 days
  - d. 24 hours
5. It is O.K. to refreeze thawed breastmilk.
  - a. True
  - b. False
6. If an infant doesn't finish a bottle of breastmilk, the leftovers should not be used after how many hours after the infant finished eating?
  - a. \_\_\_\_\_
7. Thawed breastmilk can be kept in the refrigerator for more than 2 days.
  - a. True
  - b. False

8. For snacks, infants 0 through 5 months of age need 2 to 4 fluid ounces of breastmilk or formula.
  - a. True
  - b. False
9. Bottle of breastmilk or formula can be served cold from the refrigerator.
  - a. True
  - b. False
10. Infant formula containers can be stored in the refrigerator or freezer.
  - a. True
  - b. False
11. Do not take infant formula out of the refrigerator more than 2 hours before feeding.
  - a. True
  - b. False
12. Once you start feeding a baby, make sure the infant formula is consumed within 2 hours.
  - a. True
  - b. False
13. It is important to throw any leftover infant formula that is in the bottle.
  - a. True
  - b. False
14. A child care provider adds more infant powder to the water in the bottle than what is recommended, because she thinks the infant needs to gain more weight. Is this acceptable? Why or why not?

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## **Chapter 5: Feeding a Baby Using a Bottle and a Cup**

1. Infant cereal that is mixed in a bottle with breastmilk or infant formula is creditable.
  - a. True
  - b. False
2. Before feeding an infant, hold the bottle upside down and make sure a stream of milk comes out of the nipple of the bottle.
  - a. True
  - b. False
3. Why is it important to not allow an infant or child to carry a bottle or cup?

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4. It is important to hold an infant while feeding a bottle. Why is it important to not prop a bottle on a pillow or other item for the baby to feed him or herself?

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5. What developmental skills would an infant show if they are ready to drink from a cup? \_\_\_\_\_

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6. Children still drinking from a bottle beyond 18 months of age may: (Check all that apply)

- a. Be more likely to develop tooth decay
- b. not get enough nutrients
- c. never learn how to drink from a cup.

7. Please list two ways that can help an infant spit up less when drinking from a bottle. \_\_\_\_\_

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8. Why is cow's milk and goat's milk not recommended for infants?

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9. Infants should start drinking water at birth.

- a. True
- b. False

10. What is unpasteurized milk?

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## Chapter 6: Feeding Solid Foods

1. If an infant is able to sit in a high chair and hold his or her head up might be ready for solid foods.

- a. True
- b. False

2. A medical statement is required if parents choose to start their infant on solid foods.

- a. True
- b. False

3. If you have a new parent that is unsure if their infant is ready to start solids you can offer them a handout that is on page\_\_\_\_\_ to offer information.

4. If the parents inform you that the infant is eating solid foods, then you must serve solid foods in order to claim reimbursement.

- a. True
- b. False

5. Feeding solid food before an infant is developmentally ready may increase the chances that the infant will: (check all that apply)
  - a. Drink less breastmilk or infant formula than needed in order to grow
  - b. Choke on the food.
  - c. Learn to walk at a later age.
6. Feeding solids to a 4 month old infant will help them sleep through the night.
  - a. True
  - b. False
7. Delaying solid food will reduce the risk of developing food allergies.
  - a. True
  - b. False
8. Infants will only have a food allergy reaction the first time they try it.
  - a. True
  - b. False
9. It might take up to 10 times to offer a particular food before an infant will like it.
  - a. True
  - b. False
10. Why is it important to not feed an infant directly from the baby food container?

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11. Baby food can be warmed in the microwave.
  - a. True
  - b. False
12. What page has a form that discusses foods and textures that are appropriate for an infant feeding skills? \_\_\_\_\_
13. Grains served to infants must be made with \_\_\_\_\_ or \_\_\_\_\_.
14. Infant cereal has what important nutrient? \_\_\_\_\_
15. The American Academy of Pediatrics recommends offering a variety of grains in an infant's diet, why? \_\_\_\_\_

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16. Ready-to-eat cereals include flakes, rounds, and o-shaped cereals that older babies can pick up and eat are creditable at which meals? (Circle all that apply)
  - a. Only lunch
  - b. Only breakfast
  - c. Only snack
  - d. All meals
17. Ready-to-eat cereal must contain no more than \_\_\_\_\_ grams of sugar per dry ounce.
18. Meat and poultry have two important nutrients for infants, what are they?

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19. Which cheeses are creditable with the CACFP? (Circle all that apply)
- a. Cheese food
  - b. Cottage cheese
  - c. Natural cheddar or colby cheeses
  - d. Cheese product
20. Please list three foods that are good sources of Iron for infants.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
21. Which nutrient helps absorb Iron? \_\_\_\_\_
22. Whole eggs are creditable as a meat/meat alternate for infants.
- a. True
  - b. False
23. Please list three processed meats that the American Academy of Pediatrics recommends limiting, because of high sodium.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
24. Tofu is creditable for infants on the CACFP.
- a. True
  - b. False
25. What food can cause infant botulism? \_\_\_\_\_

Thank you!