

# Infant Feeding CACFP: Part Three

## One hour Training



### Growing Futures Approved One hour Training

**Directions:**

**Read chapters 7 thru 12 and the Appendixes 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)



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

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

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

## Chapter 7: Buying and Preparing Baby Foods

1. Ready-to-eat cereals, for example, Cheerios and Kix are only creditable at a snack meal for infants.
  - a. True
  - b. False
2. What foods are creditable as a part of reimbursable infant meal or snack? (Circle all that apply)
  - a. Freeze-dried fruit and yogurt combinations
  - b. Combination foods like meat or meat alternates with vegetable or fruit combinations.
  - c. Pudding
  - d. Low sugar yogurt
3. Why does the American Academy of Pediatric Dentistry discourage the use of baby food pouches?  
\_\_\_\_\_
4. What is one advantage to preparing your own baby foods?  
\_\_\_\_\_  
\_\_\_\_\_
5. Homegrown spinach, beets, turnips, carrots and collard greens made at home should not be fed to infants less than 6 months of age.
  - a. True
  - b. False
6. Please list three common kitchen tools that can help make baby foods.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
7. Frozen fruits and vegetables can be prepared into the right texture for babies.
  - a. True
  - b. False
8. Hard boiled eggs aren't creditable for infants.
  - a. True
  - b. False

9. What types of liquid can you add to foods to change the texture of the food? (Circle all that apply)
- a. Water
  - b. Infant formula
  - c. Ice tea
  - d. Breastmilk
  - e. Juice
10. Mashed beans or peas are a great source of nutrients for infants.
- a. True
  - b. False
11. Canned beans should not be rinsed before pureeing or mashing.
- a. True
  - b. False
12. Cooked, pureed or mashed foods can be poured into ice cube trays to be frozen in the freezer.  
How many tablespoons can each section of the tray hold of food? \_\_\_\_\_
13. Pureed frozen vegetables and fruit can be stored in the freezer for \_\_\_\_\_ months.
14. How can frozen baby food be thawed for serving? (Circle all that apply)
- a. Refrigerator
  - b. Room temperature
  - c. Leave in a bowl of standing water
15. Offer thawed infant food within 16 hours from the time it was removed from the freezer.
- a. True
  - b. False
16. Reheat refrigerated or frozen baby foods to \_\_\_\_\_ degrees.
17. All of the following should be done while preparing food, except:
- a. Remove pits, seeds, skins and tough peels from fruits and vegetables.
  - b. Deep-fat fry chicken at your child care site.
  - c. Cook eggs until the yolk and white are firm and not runny.

## Chapter 8: Safe Food Preparation

1. Washing your hands for at least \_\_\_\_\_ seconds is important to help decrease the spread of illness and disease.
2. What page number in the Feeding Infants book has a handout regarding information on "hand washing" that can be posted next to your Child Care sink? \_\_\_\_\_
3. It is important to wash the baby's hands after diaper changes.
- a. True
  - b. False
4. Refrigerator should be set at what temperature? \_\_\_\_\_
5. Freezer should be set at what temperature? \_\_\_\_\_

6. Why should you not feed babies any foods or beverages that were canned in another country? \_\_\_\_\_

### Chapter 9: Choking Prevention

1. If a baby bottle is held upside down, the liquids should come out as a stream.
  - a. True
  - b. False
2. Do not feed babies or young children pieces of food that are the size or shape of a small \_\_\_\_\_.
3. What foods are creditable for infants in the CACFP? (Circle all that apply)
  - a. Nuts and seeds
  - b. Popcorn
  - c. Grapes cut into quarters
  - d. Chunks of peanut butter
  - e. ½ inch or smaller pieces of ground beef

### Chapter 10: Food Allergies and Intolerances

1. What is a food allergy?
  - a. Sensitivity to a certain food that makes it hard to digest.
  - b. Body's reaction to a protein in a food called an allergen.
2. Peanuts, milk and eggs are a few of the common food allergens.
  - a. True
  - b. False
3. Delay introducing the most common foods that can cause an allergy reaction to infants.
  - a. True
  - b. False
4. What is a food intolerance? \_\_\_\_\_
5. What are the two most common intolerances?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
6. Food allergies and intolerances occur in:
  - a. 15% of babies and children
  - b. 2 to 8% of babies and children
  - c. 10 to 12% of babies and children
7. Please list three signs that an infant might have an allergic reaction.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

8. A reaction due to a food allergy or intolerance can happen within a few minutes or hours after the baby eats.
  - a. True
  - b. False

### Chapter 11: Caring for Babies' Gums and Teeth

1. Please list 3 ways that you can help prevent tooth decay in infants.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. If an infant is teething, offer the infant a pacifier dipped into sugar to help them be comfortable.
  - a. True
  - b. False
3. If children and adults share utensils it can cause tooth decay.
  - a. True
  - b. False

### Chapter 12: Partnering with Families:

1. Give an example of an "open-ended" question that you can ask parents to encourage them to discuss their infants' diet with you? \_\_\_\_\_  
\_\_\_\_\_
2. What handout in the Feeding Infants booklet would you give to parents to communicate their infant's diet to you? \_\_\_\_\_
3. Providers can order "For Parents" handouts for free on this website.
  - a. <https://teammnutrition.usda.gov>
  - b. <https://freestuff.gov>
  - c. <https://parenthandouts.gov>
4. What handout would you give to parents to share information about their breastfed baby?  
\_\_\_\_\_
5. What page has a handout with information regarding the benefits of Iron for infants to give to your parents? \_\_\_\_\_
6. What page has a handout with information regarding trying different vegetables with infants? \_\_\_\_\_
7. Page 136 has "Bite Size Nutrition Messages" to share with parents. What message would be a common one you would tell your parents? \_\_\_\_\_

**Appendix G:**

1. A parent of a 9 month old wants to bring mashed bananas along with breastmilk to your child care. This is a CACFP reimbursable meal.
  - a. True
  - b. False
2. There is a sugar limit for infant cereals and ready-to-eat cereals served to infants.
  - a. True
  - b. False
3. Pancakes, kiwi, and infant formula at breakfast are a CACFP reimbursable meal for infants.
  - a. True
  - b. False
4. If a mother breastfeeds her 15 month old at the child care, can the breastmilk count towards the fluid milk of a reimbursable meal?
  - a. Yes
  - b. No
5. Which foods are creditable in the infant meal pattern and can be offered when the baby is developmentally ready? (Circle all that apply)
  - a. Soy yogurt
  - b. Flour tortilla
  - c. Pureed carrots
  - d. Finely chopped ground beef
  - e. Cottage cheese
6. Please list two new things that you learned from the Feeding Infant book?
  - a. \_\_\_\_\_  
\_\_\_\_\_
  - b. \_\_\_\_\_  
\_\_\_\_\_

**Thank you!**