



Feeding Infants

Sample Quiz Questions

1. Choose the best response: Hunger cues in an infant include:
 - a. Opening and closing the mouth
 - b. Rooting
 - c. Bringing hands to face
 - d. Making sucking sounds
 - e. All of the above
2. **True** or False: An infant should be fed only breast milk or infant formula exclusively from birth through about 6 months of age.
3. **True** or False: If an infant is fed another infant's breast milk, you should notify both families of the mix-up and reassure families that the chance of infectious disease transmission is small.
4. Fill in the blank: How long can you keep a bottle that was started by an infant without refrigeration? One hour
5. Fill in the blank: What is the best method of bottle feeding? Paced bottle feeding
6. Choose the best response: One important indicator that a infant is ready for solid food is when:
 - a. The infant is at least 4 months old
 - b. The infant cried a lot
 - c. Whenever the family thinks it is time
 - d. The infant can hold their head up on their own and push food to the back of the mouth to swallow
7. Fill in the blank: An infant only needs 1-2 tablespoons of food when they are first introduced to food.
8. True or **False**: Food should be mixed so that a infant will more readily accept a new food.
9. **True** or False: Infants may be ready to drink from a cup when they can sit on their own and seal their lower lip around the rim of the cup.
10. True or **False**: You should teach an infant to drink from a sippy cup.

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