**Infant Nutrition & Feeding Guide – Chapters 5 & 6**

*You may complete this worksheet while listening to the associated presentation. Your WIC Coordinator will have the answer key if you would like to check your answers.*

1. True or False – The American Academy of Pediatrics recommends first foods be introduced around 4 months of age.
2. Late introduction of foods may result in the following (check all that apply):
   * Development of food allergies
   * Hospital visits
   * Inadequate nutritional intake
   * Missed window for learning to chew
3. Which of the following would be the best first food for an infant?
   1. Pureed fruit
   2. Mashed cooked carrots
   3. Toast
   4. Baby food meats
4. New foods should be introduced gradually, waiting \_\_\_ to \_\_\_ days between each new food.
5. Parents serving nut butters to infants should be sure to NOT do which of the following?
   1. Spread a thin layer on a cracker
   2. Use crunchy peanut butter
   3. Thin with human milk or formula
   4. Mix with applesauce
6. If the baby led weaning method is followed carefully, \_\_\_\_\_\_\_\_\_\_\_\_ is no more of a hazard than it is for spoon-fed infants.
7. Which of the following are noted as protein sources for infants (check all that apply)?
   * Human milk
   * Formula
   * Early complementary foods
8. True or False – Inadequate vegetarian diets can lead to Vitamin B2 deficiency, Vitamin A deficiency, Protein deficiency, Zinc deficiency, and Calcium deficiency.
9. Which of the following does not contribute to spitting up in infants?
   1. Overeating
   2. Acute illness
   3. Air intake during bottle feeding
   4. All of the above
10. The onset of colic occurs between \_\_\_ and \_\_\_ weeks of age for those who are affected.