**Infant Nutrition & Feeding Guide – Chapters 7 & 8**

*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 – Up to two free color copies of the USDA Infant Nutrition & Feeding Guide can be requested for your agency on the WIC Works website.
2. An active lifestyle during infancy is crucial to proper and timely \_\_\_\_\_\_\_\_ skill development.
3. Which of the following are recommended activities for infants (mark all that apply):
	* Tummy time
	* Watching TV
	* Back-lying with toys above
	* Rolling walkers
	* Supported side-lying
	* Swim lessons
	* Peekaboo
	* Independent play time
4. E. Coli infections are most common in \_\_-\_\_ year old children and \_\_\_% of E. Coli infections result in HUS (Hemolytic Uremic Syndrome).
5. Nitrate levels are typically high in which of the following vegetables?
	* A. Spinach
	* B. Carrots
	* C. Beets
	* D. All of the above
6. Which of the following is NOT one of the nutrients thought to block absorption of lead in the body?
	* A. Iron
	* B. Folate
	* C. Vitamin C
	* D. Calcium
7. True or False – Manufacturers are required to label the amount of fluoride in bottled water.
8. A CPA is looking for information to assist them with educating a family on proper preparation of homemade baby food. In which of the following appendices would they find this information:
	* A. Typical Daily Portion Size Table
	* B. Infant Developmental Skills Chart
	* C. Infant Hunger & Satiety Cues Chart
	* D. Infant Feeding: Tips for Food Safety