**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