**Infant Nutrition & Feeding Guide – Chapters 3 & 4**

*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 – Weight loss is a major benefit of breastfeeding.
2. Breastfed infants require fewer of the following (check all that apply):
   * Prescriptions
   * Hospital visits
   * Feedings per day
   * Pediatrician visits for illness
3. Which feeding position provides the parent with the most control of baby’s latch?
   1. Laid-back
   2. Cradle
   3. Football
   4. Cross-cradle
4. Many parents give up breastfeeding due to perceived insufficient milk supply, which is often during a \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.
5. If a bottle has which recycling number on the bottom, parents and caregivers should be aware that it may contain BPA?
   1. 2
   2. 3
   3. 5
   4. 7
6. Freshly pumped human milk can sit on the counter for up to \_\_\_\_ hours.
7. In which of the following cases might breastfeeding be contraindicated (check all that apply)?
   * PKU
   * Hepatitis
   * Lactose intolerance
   * Galactosemia
8. True or False – FDA requires infant formula be tested for Salmonella and Cronobacter.
9. Which of the following is a symptom of cow’s milk protein allergy?
   1. Wheezing
   2. Hives
   3. Acute vomiting
   4. All of the above
10. Prepared formula should be removed from refrigeration no more than \_\_\_ hour(s) before a feeding.