

Children's Wisconsin Clinical Nutrition Department



Module General Feeding Guidelines: Pre-Test

1. True or **False**: Infants exclusively fed human milk during their first 6 months of life do not need any additional vitamin or mineral supplementation because human milk meets all of their nutrition needs.
Infants exclusively fed human milk need to be supplemented with Vitamin D within a few days after birth to meet their Vitamin D needs.
2. At what age should an infant be introduced to foods?
 - a. 3 months
 - b. 9 months
 - c. **Around 6 months – but always dependent on developmental readiness**
 - d. Before 4 months
3. True or **False**: Once a child turns 1 year old, they can drink as much juice as they want as long as it's not from an infant bottle.
Ideally, children shouldn't drink any juice after they turn 1 year old, but if the caregiver chooses to give it, they should be limited to 4oz per day and still not given in an infant bottle.
4. Which scenario is most concerning regarding a picky toddler eater?
 - a. They say no to all food options offered to them
 - b. **They always refuse all foods in an entire food group**
 - c. They throw their food and make more of a mess with food than consuming it
 - d. They only want to eat mac and cheese for an entire week, then go back to eating more typically
5. A vegan needs to supplement which vitamin/mineral as they will not be able to receive enough from foods in their diet?
 - a. **Vitamin B12**
 - b. Iron
 - c. Calcium
 - d. Vitamin D