



Community Alliance and Services for Young Children, Inc



For CASY office use only: _____ Fiscal Year _____ Credit Hours _____ MMS entry

Provider Name (Please print)



Feeding Infants: A Guide for Use in the Child Nutrition Programs

*Complete this questionnaire for 2 Food Program Training Hours.
For any questions contact Terri at 232-3952 or 1-800-886-3952, Ext. 28.*

A. Infant Development

1. What determines an infant’s readiness in being introduced to new foods?
2. What are the reflexes involved in infant feeding and eating?
3. Which reflex is needed for solid foods and at what age does it usually develop?
4. What is the age semi-solid food such as infant cereal should be introduced?

B. Feeding Breastfed Infants

1. What are the benefits of breast milk for infants?
2. When can a breast fed baby be claimed on the food program?
3. How should expressed breast milk be stored and labeled?
4. How can spoilage of a breast milk bottle be prevented? And when should it be discarded?
5. How long can frozen breast milk be stored? When should it be used and discarded after thawing?
6. How should breast milk be thawed and prepared?
7. After feeding what should be done with the unused breast milk?

C. Feeding Infant Formula

1. What type of formula is to be served to infants enrolled in the Food Program?
2. What is required if an infant is receiving special formula or low iron formula?
3. What milks are not recommended or reimbursable for babies under 12 months?
4. How should water for formula be prepared?

5. Fill in the Blanks

- ❖ Prepare formula according to _____ on the container.
 - ❖ The formula must say with iron or _____ fortified.
6. How should parent prepared formula be transported?
 7. How should bottles, nipples, etc be disinfected?
 8. When should prepared formula be thrown out?
 9. What appliance should never be used in heating baby bottles?

D. How to Feed Using a Bottle

1. What is the first step in preparing to feed a baby?
2. When should a baby be fed?
3. How will a baby indicate it is full?
4. Where should a baby be when being fed a bottle?
5. What are bottle feeding “do nots”?
6. At what age should drinking from a cup be introduced?

E. Preventing Tooth Decay

1. What causes baby bottle tooth decay?
2. Fill in the Blanks
 - ❖ Feed only breastmilk or _____ from a bottle.
 - ❖ Provide _____ only from a cup.
 - ❖ Only give a baby a plain clean _____.
 - ❖ It is best to wean babies from a bottle to a cup by about _____ to _____ months of age.

F. Feeding Solid Foods

1. At what age are babies developmentally ready for solid foods?
2. What are 3 developmental signs that indicate a baby is ready to be introduced to solid foods?
3. Decisions regarding the introduction and feeding of solid foods to the baby should be made with whom?
4. How should new foods be introduced to babies?
5. For babies with delayed development who's directions should be followed?
6. What are two dangers of feeding solid foods too early and too late?
7. What cereals are not credible on the food program?
8. If serving commercially prepared fruits or vegetables what must be the first ingredient?
9. Can home prepared fruits and vegetables be served to infants?
10. What meat/meat alternatives should not be served to infants because of the risk of allergic reactions?
11. What must be the first ingredient for commercially prepared meats to be credible?
12. What meats/meat alternatives are not credible?
13. What are credible meat alternatives for infants?
14. At what age should bread and crackers be introduced?
15. What types of sweeteners should not be served to infants?

G. Drinking from a Cup

1. When are babies ready to drink from a cup?
2. What liquids should be served in a cup to babies?
3. Fruit juice is reimbursable at what age? And the juice must be what strength?

H. Choking Prevention

1. List 3 things that can be done in order to prevent choking in infants?
2. List 3 Behaviors to avoid in order to reduce the risk of choking?
3. List 3 food preparation techniques that reduce the risk of choking?

I. Sanitary Food Preparation

1. List 5 of the times a provider should wash their hands?
2. When should a baby's hands be washed?
3. Should food preparation and dining areas also be used for diaper changing?
4. When should food preparation areas, serving areas, equipment, utensils, etc. be cleaned and sanitized?
5. What should your refrigerator and freezer temperature settings be?
6. What are two steps that can reduce lead exposure to infants?

J. Commercial Baby Food

1. What are 4 tips to remember when buying baby food?
2. Baby food should be used by what date?
3. The baby food jar should not be used as a serving dish, why is that?
4. How long should an opened jar of baby food meat be stored in the refrigerator?

K. Home Prepared Baby Food

1. Are home prepared baby foods credible?
2. Should ingredients such as sugar, salt be added to home prepared baby food?
3. What pieces of kitchen equipment can be used to make baby food the appropriate texture for babies?
4. How should fruits and vegetables be cooked to soften their texture?
5. What home prepared vegetables should not be served to babies under 6 months?
6. What types of meats should be purchased?
7. To what temperature should dark meat poultry be cooked to?
8. What liquids should be used in pureeing meat?
9. How long should home prepared meats be stored in the refrigerator?
10. What part of the egg should be served to infants?
11. How should cooked grain kernels be prepared?
12. What are two methods of freezing baby food in proper serving sizes?
13. Fill in the Blanks
 - ❖ Do not allow foods to stand at room temperature more than ____ hours.
 - ❖ Always test a food's _____ before serving it to the baby.
 - ❖ Thawed foods should be used within _____ hours from the time it was removed from the freezer.

Send completed questionnaire to CASY Food Program, Attention: Terri



Provider Signature _____