

Starting Solids with the Breastfed Baby: A Common Sense Approach to Complementary Feeding

Webcast Quiz

True or False

1. Infants should be exclusively breastfed for only the first four months. **False**
2. Breastfeeding should continue as complementary foods are introduced, for at least the first year. **True**
3. Developmental signs of readiness for complementary foods include sitting up with minimal support, loss of tongue thrust reflex, and picking up objects. **True**
4. Appropriate first foods are foods with a soft texture such as avocado or banana. **True**
5. Encourage introduction of foods rich in iron as soon as infants have learned to self-feed. **True**
6. Gagging on food is a common occurrence while learning to eat. **True**
7. Foods that are known to be choking hazards should not be given to infants. **True**
8. A mild rash in the diaper area is a sign of food allergy. **False**
9. The Environmental Working Group (www.ewg.org) is a good source of information on food safety. **True**
10. Infants cannot eat foods with texture until they have teeth. **False**

Rate the quality and usefulness of this webinar.

A three point evaluation scale is used as follows:

3 = excellent; 2 = average; 1 =below average

1. The presentation content was clear and relevant. 3 -2-1
2. The presenter's teaching methods were effective. 3-2-1
3. How do you rate the teleconference as a mechanism for education opportunities? 3-2-1