Feeding Baby Study Guide Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are some reasons people eat?
2. What is emotional eating and what is the long-term effect if a baby is given a bottle every time it cries?
3. Why is proper nutrition essential?
4. What are some signs of malnutrition?
5. Describe the developmental stages babies go through in relation to eating.
6. List 3 advantages of Breastfeeding and 3 advantages of formula
7. How should you hold a baby while feeding and why?
8. Describe a newborn’s stomach capacity and why babies must eat so often.
9. Why do babies need to be burped, how often should you do it and what happens if you skip burping a baby?
10. What do babies need before they can digest carbohydrates?
11. How should you introduce new foods to baby?
12. When can babies drink juice and how much should they have per day?
13. How many times will a child need to try a new food before they develop a taste for it?
14. List 4 dangerous foods young children should avoid..
15. What is weaning and when will a baby be ready?
16. What 3 things should baby avoid and why?
17. What’s important to remember about serving sizes for children?
18. How much milk should a toddler drink? \_\_\_\_\_\_\_\_\_\_\_\_\_\_
19. Should you use 2% milk for a one year old?\_\_\_\_\_\_\_\_\_\_\_
20. How many meals does a toddler needs? \_\_\_\_\_\_\_\_\_\_\_
21. What is the responsibility of the parent and child relating to food?
22. What happens if a child has a growth spurt?
23. What kind of environment should meals be served?
24. When you provide small portions, what should you always ask the child?
25. When a child finishes a meal should you reward him/her with dessert?\_\_\_\_\_\_\_\_\_
26. Who should your child eat with? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
27. Turn off the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and don’t allow \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at table.
28. Supervise your child during \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
29. Rank the beverages, most to least amount of sugar from 1-6.
30. What is baby bottle tooth decay and how can it be avoided?