Posttest

1. There are many components in breastmilk that cannot be duplicated by infant formula.
   A. TRUE
   B. FALSE

2. In standard milk-based infant formulas, the carbohydrate is _______, the fats are _______, and the proteins are _______ and _______.
   A. Lactase, animal oils, casein/whey
   B. Lactose, vegetable oils, casein/whey
   C. Lactose, animal oils, casein/whey
   D. Lactase, vegetable oils, casein/whey

3. All infant formulas must meet the minimum and maximum nutrient requirements established by the _____________________.
   A. American Academy of Pediatrics
   B. Congressional Act for Formula Production
   C. Infant Formula Act of 1980
   D. Formula manufacturers

4. Identify the three forms of infant formula:
   A. Powder, concentrate and ready to use
   B. Abbot, Mead Johnson and Gerber
   C. Cows milk based, goat’s milk based and soy based
   D. Emulsified, hydrolysated and thickened
5. It is ok to heat infant formula or expressed breastmilk in the microwave.
   A. TRUE
   B. FALSE

6. Which of the following is not an infant formula modification to meet a specific health need?
   A. Lactose free or reduced
   B. Added rice starch
   C. Added emulsifiers
   D. Hydrolyzed protein

7. Post discharge formulas for premature Infants:
   A. Provide 22 calories per ounce and higher levels of some vitamins, minerals and protein than standard infant formulas
   B. Are used for some premature infants with low birth weights after they are released from the hospital
   C. Are not intended for full term infants
   D. All of the above

8. There is conclusive evidence that protein hydrolysate formulas work well in treating colic.
   A. TRUE
   B. FALSE

9. There is less chance of an allergic reaction from small protein particles.
   A. TRUE
   B. FALSE
10. Cow’s milk should not be given to an infant before one year of age because:
   A. Cow’s milk contains very little iron, vitamin E, vitamin C and other nutrients compared to breastmilk or infant formula
   B. Cow’s milk can cause blood loss from the intestinal tract due to the large size of the milk protein.
   C. Cow’s milk is higher in protein and nutrients as compared to breastmilk or infant formula and can put a strain on developing kidneys.
   D. All of the above

11. Prepared formula may be safely stored at room temperature for up to __________.
   A. 30 minutes
   B. 1 hour
   C. 24 hours
   D. 8 hours

12. Which of the following is not an important aspect of mixing powdered infant formula?
   A. Use the scoop that is included in the can according to the manufacturer’s instructions
   B. Start by measuring water into a clean container
   C. Sanitize the scoop at least once a week
   D. Stir or shake the mixture thoroughly once the formula has been added to the water

13. Water intoxication can result when a family is running low on formula and tries to “stretch” the formula by adding extra water.
   A. TRUE
   B. FALSE
14. Constipation can be caused by a variety of factors or conditions such as:
   A. Diet
   B. Use of certain medications
   C. Lack of movement or activity
   D. All of the above

15. Constipation in infants may be caused by the dietary influences listed below except for:
   A. Consumption of iron fortified formula
   B. Inadequate intake of fluid
   C. Improper dilution of infant formula
   D. Early introduction of complementary foods

16. Diarrhea in infants could be caused by:
   A. Excessive juice consumption
   B. Consuming contaminated food or water
   C. Medical conditions or infections
   D. All of the above.

17. If untreated, diarrhea in an infant can rapidly lead to dehydration, so it is important to:
   A. Recommend that sports drinks and juice be given to the infant
   B. Refer the infant to the HCP for a medical evaluation
   C. Recommend that all infant foods be discontinued
   D. Recommend a BRATT diet

18. Colic, while the cause is unknown, is described as prolonged, inconsolable crying that appears to be related to stomach pain or discomfort.
   A. TRUE
   B. FALSE
19. The following suggestion can be provided for an infant with symptoms of colic:
   A. Give the infant apple, white grape or pear juice
   B. Add cereal to the bottle so the infant will sleep through the night
   C. Use infant massage, soothing music and holding the infant skin to skin
   D. Give herbal teas with sorbitol

20. Gastroesophageal Reflux or GER can range from mild spitting up to a severe form that causes aspiration, failure to thrive, lung disease and/or esophageal inflammation.
   A. TRUE
   B. FALSE

21. The treatment of Gastroesophageal Reflux Disease (GERD) must be prescribed by a doctor and may consist of:
   A. Smaller and more frequent feedings and positioning
   B. Surgery
   C. Medication
   D. All of the above

22. If an infant is "spitting up" formula, it could be due to:
   A. Overfeeding
   B. Swallowing air before or during feeding
   C. Excessive stimulation
   D. All of the above

23. The terms "milk allergy" and "lactose intolerance" have the same meaning.
   A. TRUE
   B. FALSE
24. An anaphylactic reaction is a whole body response to an allergen. Symptoms can include an irregular heartbeat, changes in blood pressure, shock, and even death if not treated promptly.

   A. TRUE
   B. FALSE

25. The benefits of holding the baby during the feeding listed below are true with the exception of:

   A. The baby benefits from contact from the caregiver
   B. Increases the risk of aspiration
   C. Helps caregivers understand behavioral cues of hunger and fullness
   D. Helps reduce the risk of ear infections