

Date: \_\_\_\_\_

Name: (Print) \_\_\_\_\_

Agency \_\_\_\_\_

## Posttest

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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, hydrolysed 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