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**#13-031**

**TO:** DSHS Regional Directors  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** March 19, 2013

**SUBJECT:** Corrections to Infant Feeding Module Answer Key and Workbook

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Corrections have been made to the answer key in the Infant Feeding Module due to typographical errors and incorrect responses. Please exchange the revised answer key (pages K-1 to K-3) in the printed copies of this module. Changes were also made to pages I-10 and I-15 in the workbook. Please exchange the attached pages for those in printed copies of the Infant Feeding Module workbook.

These PDF versions of the Infant Feeding Module (Stock No. 13-37) and the Infant Feeding Module Workbook (Stock No. 13-37-1) in the WIC Catalog have been corrected, and these versions, when printed, will contain the revised pages.

We apologize for any confusion these errors may have caused.

If you have any questions or require additional information, please contact Cathy Plyler, Clinical Nutrition Specialist, Nutrition Education/Clinic Services Unit, at 512- 341-4577 or [cathy.plyler@dshs.state.tx.us](mailto:cathy.plyler@dshs.state.tx.us), or Sandra Brown, Food/Formula Specialist, Nutrition Education/Clinic Services Unit, at 512-341-4576 or [sandra.brown@dshs.state.tx.us](mailto:sandra.brown@dshs.state.tx.us).

Attachments (2)

## Answer Key

### Part 1 Test

1. C
2. False
3. B
4. False
5. True
6. B
7. C
8. D
9. Breastmilk, properly diluted infant formula
10. True, False, True, True

### Part 2 Test

1. D
2. A
3. False, False, True, False
4. True, False, False, True
5. D
6. True, True, False, True
7. B
8. False
9. D
10. D

## Answer Key

### Case Study 1.2— Providing a WIC Mother with Infant Feeding Advice

1. No. She appears to still have gag and tongue thrust reflexes. Lucy does not have good head control.
2. Advise Lisa to hold off on starting solids until Lucy is able to sit up on her own and hold her head without support. After she has improved head control she can try again.
3. Lucy let mom know she was hungry when she became fussy. When the bottle was provided she responded with a smile and cooing.

### Case Study 2.1— Determining When An Infant Is Ready To Start Solids

1. What did he do with the feeding of cereal today? Did he gag or choke? Did he open his mouth to accept the spoon? Was he able to swallow the cereal and hold it in his mouth?
2. Can he sit alone with support? Does he have good head control?
3. Yes. Feeding Your Premature Baby, Stock #13-06-11234 (English).  
**Note:** WIC clinic staff will need to check for the most current version and stock number.
4. Yes. He appears developmentally ready. Though he was a little messy, he will improve with practice.

### Case Study 2.2— Introducing Complementary Foods

1. B. 4 to 6 months
2. strained/pureed  
mashed  
chopped  
ground  
finely chopped
3. B. 4 to 6 months
4. True
5. True
6. thin pureed  
strained

## 2.3—Food Allergies

1. Allergies: fish, shellfish, eggs, wheat, soy, peanuts, tree nuts, cow's milk
2. Symptoms: wheezing, throat swelling, coughing, ear infections, skin rashes, hives, swelling, nausea, vomiting, abdominal pain, diarrhea, failure-to-thrive, anaphylactic shock

## Activity 2.4— Choking Hazards

Answers can include (this is not a complete list) hot dogs, sausages, fish with bones, peanuts or other nuts, whole beans, cooked or raw corn, whole uncut grapes, popcorn, marshmallows, large chunks of cheese, peanut butter, dried fruit, whole pieces of canned fruit, raw vegetables (e.g. carrots, green peas, etc.)

1. C. cut lengthwise into strips
2. False
3. cooked vegetables cut into strips  
cooked hot dogs cut into strips  
cooked, mashed beans
4. True
5. True

Nutrition Services Section  
Nutrition Education / Clinic Services Unit  
Texas Department of State Health Services

Stock No. 13-37  
December 2012

A companion publication, Infant Feeding Workbook,  
stock number 13-37-1, is also available from DSHS.



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# Workbook

## Activity 2.2

Answer the following questions using Table 2.1 How the Recommended Sequence of Introducing Complementary Foods Corresponds with Food Textures and Feeding Styles.

1. At what age are complementary foods generally introduced?

- A. 5 to 6 months
- B. 4 to 6 months
- C. 3 to 6 months
- D. 2 to 4 months

2. Mark all textures appropriate to feed a 10 month old infant.

- strained/pureed
- mashed
- chopped
- ground
- finely chopped

3. At what age would it be appropriate to begin to introduce the cup?

- A. 7 to 9 months
- B. 4 to 6 months
- C. 10 to 12 months
- D. 6 to 8 months

4. Infants will begin to self-feed and start finger foods at about the age of 8 to 12 months.

- True or  False

5. Infants can continue to breastfeed or formula feed once they start complementary foods throughout their first year of life.

- True or  False

8. Women who are breastfeeding a jaundice baby should be advised to stop breastfeeding until their infants jaundice is resolved.
- True    False
9. By what age should infants be weaned from a bottle to a cup?
- A. 8 to 12 months
- B. 9 to 12 months
- C. 6 to 9 months
- D. 12 months to 14 months
10. What are the recommendations provided by the Health and Human Services (HHS) department to avoid Bisphenol A (BPA) exposure?
- A. Support breastfeeding for at least 12 months whenever possible, discard scratched baby bottles and infant feeding cups, do not heat canned liquid infant formula on the stove or microwave
- B. Do not put boiling or very hot water, infant formula or other liquids in BPA-containing bottles while preparing them for your child, sterilize and clean bottles following infant formula label instructions
- C. Use only containers marked “dishwasher safe” in the dishwasher and “microwave safe” in the microwave, do not heat baby bottles of any kind in the microwave
- D. All of the above