

Feeding an Infant

Activity C

Name _____

Chapter 11

Date _____ Period _____

Complete the following activities related to infant feeding.



Complete the following statements about feeding schedules for infants.

1. During the first few weeks, babies need to be fed every _____ to _____ hours.
2. After the first few weeks, caregivers can space feedings for babies at _____ hour intervals.
3. At _____ months, feedings can decrease to five a day.
4. At _____ months, feedings can decrease to four a day.
5. During the first few months following birth, _____ changes to meet the changing needs of the infant.

Rank each of the following foods in the order it is most likely to be introduced in an infant's diet. Start with 1 for the first food.

- | | | | |
|-------|--|-------|-------------------------|
| _____ | 6. cereals | _____ | 9. meats |
| _____ | 7. strained fruits | _____ | 10. strained vegetables |
| _____ | 8. breast milk or iron-fortified formula | | |

Complete the following sentences about tips for feeding infants.

11. Introducing one food at a time helps caregivers identify _____.
12. Caregivers should avoid overfeeding infants to prevent _____.
13. Holding foods with their hands helps prepare infants to _____.
14. Infants need frequent feedings because _____.
15. When a baby rejects a food, he or she is showing _____.
16. When a caregiver acts negatively toward a food, a child may learn to _____.



Sticky Situations

Activity D

Chapter 11

Name _____

Date _____ Period _____

A number of eating problems can arise when children reach the toddler stage. Read these "sticky situations" and answer the questions that follow.

1. Fifteen-month-old Sarah ate a few bites of her spaghetti. Then she smeared the sauce on the tray of the high chair and threw the noodles on the floor.

A. Why do you think Sarah is such a messy eater? _____

B. What advice would you give her caregiver? _____

2. One-year-old Theodore choked twice during his lunch of beanie weanies and a sliced banana.

A. Why might this meal have caused Theodore to choke? _____

B. What advice would you give his caregiver? _____

3. Eighteen-month-old Ronald usually eats his lunch in front of the TV while his mom watches her favorite show. Ronald usually eats very little before getting down to play.

A. Why do you think Ronald eats so little? _____

B. What advice would you give his mother? _____

4. Two-year-old Cathy is usually a good eater. Recently she has not wanted to eat her food. She has rejected even her favorites. Cathy's caregiver doesn't know what to do.

A. What are some reasons why Cathy may have become a picky eater? _____

B. What advice would you give her caregiver? _____
