

Bright Futures in Practice: Nutrition Treasure Hunt Answer Key

Questions	Page #	Answers
1. How many ounces do most infants gain per week in the first 4 to 6 months? During the 6 to 18 month period?	25	Infants gain approximately 5 to 7 ounces/week in the first 4 to 6 months, and 3 to 5 ounces/week from 6 to 18 months.
2. How many inches do infants grow in their first 6 months? During the second 6 months?	25	Infants grow approximately 1 inch/month (6 inches total) from birth to 6 months, and 1/2 inch/week (3 inches total) from 6 to 12 months.
3. World Health Organization and UNICEF Baby-Friendly Hospital Initiative identified 10 steps to promote and support breastfeeding. List 5 steps.	27–28	
4. Parents are advised to not add honey to food, water, infant formula, or breastmilk. Why?	32	Honey can be a source of spores that cause botulism poisoning in infants.
5. Identify the recommendation to minimize the risk of women giving birth to an infant with neural tube birth defects.	37	Women are encouraged to consume folic acid, particularly before pregnancy and during the first trimester.
6. When introducing new foods to infants, how many days should you wait before offering another new food?	45, 47, 54	Observe the infant for 7 days or more after a new food is introduced to make sure the infant does not have an adverse reaction (e.g., rash).
7. Your colleague wants information for talking to a mother about her 9-month old infant. What sections do you review?	48–49	Interview Questions Screening and Assessment Nutrition Counseling
8. You want to be ready for typical questions asked by parents of infants. You are delighted to find information on specially colored pages...	53–56	Infancy developmental chapter, Frequently Asked Questions
9. Identify the two stages of early childhood.	59	Early childhood is divided into two stages: the toddler stage, ages 1 to 2, and the young child stage, ages 3 to 4.
10. Identify the age that children who are bottled fed should be weaned from the bottle and encouraged to use a cup.	60	Children who are bottled fed should be weaned from the bottle and encouraged to use a cup at about 12 to 14 months.
11. A child care coordinator has asked you for some help on Eating Behaviors and Mealtime tips for children 1 to 4 years old. You turn to pages...	64–67	Early Childhood developmental chapter, Nutrition Counseling
12. You will be seeing several children of varying ages in clinic one morning. Where can you review counseling tips for children aged 1 year, 15 months, and 18 months?	69–72	Early Childhood Nutrition Counseling by age

13. What is a food jag? What counseling would you provide to the parents?	73 & 79	A food jag is when children only want to eat a particular food. Smaller servings of the favored food can be offered, along with other foods to ensure that the child eats a variety of foods.
14. To determine desired outcomes that contribute to the overall health and nutrition status of the child and the role of the family, you turn to the table called...	75	Desired Outcomes for the Child, and the Role of the Family
15. Where can you read about problems with and suggestions for the mealtime environment?	77	Vignette, "Reducing Distractions During Mealtime"
16. A colleague wants to increase his knowledge of early childhood caries and other dental disease. You refer him to the chapter called...	152–157	Oral Health chapter
17. A mother tells you she is a vegan and will not feed her child milk, cheese, or eggs. To learn more about vegan eating behaviors, you turn to the chapter called...	158–167	Vegetarian Eating Practices chapter
18. You have just seen a child who is growing at the 5 th percentile for height-for-age and her parents are average height (mom is 5'4", dad is 5'9"). You turn to the chapter called...	168–170	Pediatric Undernutrition chapter
19. Where would you turn to review information prior to meeting with a mother and her daughter with diabetes mellitus?	185–189	Diabetes Mellitus chapter
20. You are concerned about the prevalence of childhood obesity in your community and what to learn more. You turn to the chapter called...	200–206	Obesity chapter
21. Prior to working in clinic you decide to review nutritional risk factors. You are excited to find a nutrition tool called...	243–248	Appendix D: Key Indicators on Nutrition Risk for Children and Adolescents
22. To help promote your clients' change their eating behaviors, you review the nutrition tool...	251	Appendix F: Stages of Change—A Model for Nutrition Counseling

Adapted from the New Hampshire Bureau of WIC Nutrition Services