

## Bright Futures in Practice: Nutrition

### Treasure Hunt

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?		
2. How many inches do infants grow in their first 6 months? During the second 6 months?		
3. World Health Organization and UNICEF Baby-Friendly Hospital Initiative identified 10 steps to promote and support breastfeeding. List 5 steps.		
4. Parents are advised to not add honey to food, water, infant formula, or breastmilk. Why?		
5. Identify the recommendation to minimize the risk of women giving birth to an infant with neural tube birth defects.		
6. When introducing new foods to infants, how many days should you wait before offering another new food?		
7. Your colleague wants information for talking to a mother about her 9-month old infant. What sections do you review?		
8. You want to be ready for typical questions asked by parents of infants. You are delighted to find information on specially colored pages...		
9. Identify the two stages of early childhood.		
10. Identify the age that children who are bottled fed should be weaned from the bottle and encouraged to use a cup.		
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...		
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?		
13. What is a food jag? What counseling would you provide to the parents?		

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...		
15. Where can you read about problems with and suggestions for the mealtime environment?		
16. A colleague wants to increase his knowledge of early childhood caries and other dental disease. You refer him to the chapter called...		
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...		
18. You have just seen a child who is growing at the 5 <sup>th</sup> 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...		
19. Where would you turn to review information prior to meeting with a mother and her daughter with diabetes mellitus?		
20. You are concerned about the prevalence of childhood obesity in your community and what to learn more. You turn to the chapter called...		
21. Prior to working in clinic you decide to review nutritional risk factors. You are excited to find a Nutrition Tool called...		
22. To help promote your clients' change their eating behaviors, you review the nutrition tool...		

Adapted from the New Hampshire Bureau of WIC Nutrition Services

**For further information about Bright Futures, contact:**

Bright Futures Project  
National Center for Education in Maternal and Child Health  
Georgetown University  
2000 15<sup>th</sup> Street, North, Suite 701  
Arlington, VA 22201  
Tel: (703) 524-7802  
Fax: (703) 524-9335

**email: [BrightFutures@ncemch.org](mailto:BrightFutures@ncemch.org)**  
**Bright Futures Web site: [www.brightfutures.org](http://www.brightfutures.org)**