

Participant code: _____

Score: _____

**BUILDING A HEALTHY START:
Professional Development for Caregivers of Infants and Toddlers
Module 1: Feeding Infants and Toddlers in Early Childhood Settings**

Pre-Test

Date of training: _____ Trainer: _____

1. An infant needs only human milk or formula the first few months of life. They do not need water or juice.
a. True b. False
2. Human milk contains antibodies from the mother to help fight infection
a. True b. False
3. Infants should not have regular cow's milk until at they are at least one year of age.
a. True b. False
4. Prepared bottles can be stored at child care and used for several days.
a. True b. False
5. Bottles should never be warmed in a microwave oven.
a. True b. False
6. It is okay to serve fruit drinks as long as they contain at least 10 percent real juice.
a. True b. False
7. Toddlers need to eat every three to four hours.
a. True b. False
8. "Family style" eating means children must pass serving bowls around the table.
a. True b. False
9. Children should not eat their fruit (dessert) until they have cleaned their plate.
a. True b. False
10. Popcorn, grapes, and marshmallows may cause choking for toddlers.
a. True b. False

Participant code: _____

Score: _____

**BUILDING A HEALTHY START:
Professional Development for Caregivers of Infants and Toddlers
Module 1: Feeding Infants and Toddlers in Early Childhood Settings**

Post-Test

Date of training: _____ Trainer: _____

1. An infant needs only human milk or formula the first few months of life. They do not need water or juice.
a. True b. False
2. Human milk contains antibodies from the mother to help fight infection
a. True b. False
3. Infants should not have regular cow's milk until at they are at least one year of age.
a. True b. False
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