

## STARTING SOLID FOOD--KEY

1. At what age is the infant able to digest solid foods?  
**At age six or seven months**
2. What is an "extrusion reflex"?  
**A reflex that makes the infant push out or gag on foods other than liquids**
3. Why shouldn't you feed a baby directly from the food container?  
**If all the food is not eaten, you have contaminated the entire contents of the container.**
4. Why should a baby be introduced to one new food at a time?  
**If the baby has a reaction to a food, you will be able to identify which food it was.**
5. What is the first food you should introduce to a baby?  
**Cereals and breads**
6. How long should breast milk or formula be given to an infant? Why?  
**Until late in the first year. Cow's milk is highly allergenic.**
7. List four foods to avoid giving an infant:  
**Any of the following: Citrus fruits such as oranges, grapefruit, tomatoes, etc., egg whites, fish, peanut butter, chocolate, honey salted snacks, highly processed foods, foods loaded with additives and artificial colors, soda pop**
8. What is a teacher beaker?  
**A cup with a lid with a slotted mouth piece on it**