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