

Name _____

Hour _____

STARTING SOLID FOOD

1. At what age is the infant able to digest solid foods?

2. What is an "extrusion reflex"?

3. Why shouldn't you feed a baby directly from the food container?

4. Why should a baby be introduced to one new food at a time?

5. What is the first food you should introduce to a baby?

6. How long should breast milk or formula be given to an infant? Why?

7. List four foods to avoid giving an infant:
 - a.
 - b.
 - c.
 - d.

8. What is a teacher beaker?