

EXERCISE 1

DIRECTIONS: Read or review the scenario. Answer the questions. Circle the appropriate word or phrase.

1. When Anna was pregnant, she _____.
drank alcohol took drugs gained weight
2. When the baby is first born, Anna should not give the baby _____.
cow's milk formula breast milk
3. Anna can give the baby solid foods when the baby is _____.
born 4-6 months old a year old
4. The first cereal Anna should try with the baby is _____,
wheat corn rice
5. After the baby eats cereals, Anna should introduce _____.
yellow and green fruits and vegetables meat cheese
6. When Anna gives a baby eggs, she should only give _____.
egg whites egg yolks whole eggs
7. _____ is least likely to cause an allergic reaction.
rice cereal citrus juices peanut butter
8. _____ is a food that can choke a baby.
infant cereal a citrus fruit a hot dog
9. Anna should never give the baby _____.
honey finger foods lean meats
10. Infant cereals are often fortified with _____.
proteins iron carbohydrates

TEACHER DIRECTIONS

For lower-level learners, complete the activity by first reading the relevant section of the scenario aloud or asking a good reader to read aloud. Read the sentence in the activity. Ask learners to look for the sentence within the section that tells the answer. Either read or ask someone to read that sentence. Reread the target sentence in the activity and the options. Ask a reader to choose the correct response. Reread the target sentence in the activity with the correct option.

More advanced learners may be able to read the entire scenario before completing the activity. They may be able to complete the activity independently.

After each sentence or after the activity is complete, ask learners to explain or give examples. For instance, after the first sentence "When Anna was pregnant, she gained weight," you could ask about other things that should or should not be done during pregnancy.

More advanced learners can explain the other words or use them in verbal or written sentences.

KEY

1. gained weight
2. cow's milk
3. 4-6 months old
4. rice
5. yellow and green fruits and vegetables
6. egg whites
7. rice cereal
8. a hot dog
9. honey
10. iron

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana Department of Education, Division of Nutrition Assistance, by Rhonda H. Atkinson.

EXERCISE 2

DIRECTIONS: Think about what you learned about the food safety. Answer the following questions. When possible, use complete sentences.

1. Why do Bill, Tim, and Kay want to learn about infant care and nutrition? _____

2. List three things Anna did before the baby was born to make sure that it was healthy.

(1) _____

(2) _____

(3) _____

3. When the baby is born, Anna can either breastfeed or bottle feed. Complete the chart by listing reasons for and against each method.

REASONS	BREASTFEEDING	BOTTLE FEEDING
FOR		
AGAINST		

4. Find 3 words or phrases in the story that you think are most important to the infant nutrition.

List the words or phrases:

(1) _____

(2) _____

(3) _____

Write a sentence with each word or phrase.

(1) _____

(2) _____

(3) _____

5. List two cues that will tell Anna that the baby is ready to try solids.

(1) _____

(2) _____

6. What solid food should Anna introduce first? Why?

7. List two symptoms that might show that the baby is having an allergic reaction.

(1) _____

(2) _____

8. List three fruits and vegetables that you should NOT introduce to a baby.

(1) _____

(2) _____

(3) _____

9. Complete the following chart. Tell why you think each tip for infant safety is important.

INFANT SAFETY TIPS	This is important because . . .
Place baby in an upright position for feeding	
Someone should supervise the baby's meals and snacks.	
Wash hands before feeding the baby.	
Don't use food preparation areas for changing the baby's	
Do not give the baby sticky candies.	
Do not give the baby honey.	
Do not put the baby to bed with a juice bottle.	
Do not give the baby peanut butter.	
Do not heat the baby's bottle in a microwave.	
Do not use a food if the "use by" date has passed.	
Do not feed the baby directly from the baby food jar.	

10. Why shouldn't Anna and Bill give the baby food as a reward or bribe?

TEACHER DIRECTIONS for EXERCISE 2

For lower-level learners, complete the activity by first reading the relevant section of the scenario aloud or asking a good reader to read aloud. Lower-level learners may respond verbally.

More advanced learners may be able to read the entire scenario before completing the activity. They may be able to complete the activity independently with written responses. Encourage learners to discuss responses verbally as a class or in small groups.

KEY

Answers may vary but should include basic information.

1. Bill, Tim, and Kay want to help Anna with the new baby after it is born.
2. *Any three of the following:* (1) Anna saw a doctor. (2) Anna did not smoke. (3) Anna did not drink alcohol. (4) Anna ate nutritious foods. (5) Anna used MyPyramid to know what and how much to eat. (6) Anna has slowly and steadily gained weight. (7) Anna has not taken any prescription or over-the-counter drugs without her doctor's approval.
- 3.

REASONS	BREASTFEEDING	BOTTLE FEEDING
FOR	Cheaper Less trouble Breast milk helps protect the baby from some illnesses	Others can help feed the baby.
AGAINST	Only Anna can feed the baby.	More expensive More trouble Bottles must be sterilized Bottles must be stored properly until they are used.

4. *Answers vary.*
5. *Any two of the following:* (1) The baby will stop pushing things out of its mouth with its tongue. (2) The baby will be able to keep its head up. (3) The baby will be able to sit when supported. (4) The baby will look like it is chewing. (5) The baby will seem curious about what the family eats.
6. Anna should introduce infant rice cereal first because it is least likely to cause an allergic reaction.

7. *Any two of the following:* (1) diarrhea, (2) tummy aches, (3) rashes, (4) breathing problems, (4) ear infections, (5) vomiting

8. *Answers vary.* Responses should NOT include soft green or yellow vegetables. Responses could include foods like uncooked vegetables (e.g., radishes, celery, carrots, lettuce), beets, uncooked apples or hard pears, tomatoes, citrus fruits.

9.

INFANT SAFETY TIPS	This is important because . . .
Place baby in an upright position for feeding	The baby could choke if it is lying down.
Someone should supervise the baby's meals and snacks.	The baby could choke or eat something that it shouldn't have.
Wash hands before feeding the baby.	Washing hands prevents the spread of germs that cause illnesses.
Don't use food preparation areas for changing the baby's	The baby's diaper has bacteria. This would contaminate the food preparation areas.
Do not give the baby sticky candies.	Sticky foods can choke the baby. The baby should not have sweets.
Do not give the baby honey.	Honey can be contaminated. This would make the baby sick.
Do not put the baby to bed with a juice bottle.	This can cause tooth decay.
Do not give the baby peanut butter.	Babies often have allergic reactions to foods made from nuts.
Do not heat the baby's bottle in a microwave.	The microwave heats unevenly. The formula could get too hot and burn the baby.
Do not use a food if the "use by" date has passed.	The food could be spoiled.
Do not feed the baby directly from the baby food jar.	Bacteria from the baby's mouth could get in the jar and contaminate it.

10. Anna and Bill should not use food as a reward or bribe because it teaches the baby the wrong values. The baby will learn to think of food as for something other than health.

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