

Feeding Scenarios: Toddlers

Quiz Questions

Points to focus on when watching this video:

- How to transition from a bottle to a cup
- How to transition from baby food to table food
- Toddler eating behaviors

Potential Test/Quiz Questions:

1. **Choose the best response:** Allowing children to decide what and how much food they want to eat and having the adult provide good food in a safe and nurturing environment is called:
 - a. Feeding choices
 - b. Division of responsibilities/Responsive feeding
 - c. Feeding responsibility
2. **True or False:** Giving a child a choice of 2 foods gives them some autonomy and pride in making a decision.
3. **Choose the best response:** At what age is it appropriate to start transitioning from a bottle to a cup?
 - a. At one year
 - b. Between 12 – 18 months
 - c. At six months
4. **Choose the best response:** What is a good texture progression for early foods?
 - a. Pureed, lumpy, soft
 - b. Lumpy, ground, pureed
 - c. Pureed, ground, minced
5. **True or False:** You should teach a child to drink from a sippy cup.
6. **Fill in the blank:** Name 2 good first finger foods? _____ and _____.
7. **Fill in the blank:** A _____ is when a child will only eat the same food item, or a very small group of food items, prepared the same way every day for every meal.
8. **Choose the best response:** At what age are children likely to have the skills to begin eating with utensils?
 - a. At 6 months
 - b. At 1 year
 - c. At 2 years
9. **Choose the best response:** Children may need exposure to a new food approximately how many times before they may try it?
 - a. 5 times
 - b. 10 times
 - c. 15 times

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Answer Guide

1. **Choose the best response:** Allowing children to decide what and how much food they want to eat and having the adult provide good food in a safe and nurturing environment is called:

Correct Answer: B

2. **True or False:** Giving a child a choice of 2 foods gives them some autonomy and pride in making a decision.

Correct Answer: True

3. **Choose the best response:** At what age is it appropriate to start transitioning from a bottle to a cup?

Correct Answer: B

4. **Choose the best response:** What is a good texture progression for early foods?

Correct Answer: C

5. **True or False:** You should teach a child to drink from a sippy cup.

Correct Answer: False

6. **Fill in the blank:** Name 2 good first finger foods? _____ and _____.

Correct Answer: Cheerios and Puffs

7. **Fill in the blank:** A _____ is when a child will only eat the same food item, or a very small group of food items, prepared the same way every day for every meal.

Correct Answer: Food Jag

8. **Choose the best response:** At what age are children likely to have the skills to begin eating with utensils?

Correct Answer: B

9. **Choose the best response:** Children may need exposure to a new food approximately how many times before they may try it?

Correct Answer: C