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. Purred, 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

Modules to Augment Early Care and Education College Courses

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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