

NAME: _____

ID# _____

COUNTY: _____

PRETEST _____ POST TEST _____

TAMS PENCIL FUN ACTIVITY

Circle the correct answer to the following:

	A	B	C
1. The number of servings of dairy foods a pregnant teen needs each day is...	1-3	4-5	6-8
2. The number of servings from the meat group I need to eat each day is...	0-1	2-3	4-5
3. A good source of the vitamin folic acid is...	Cheese	Chicken	Leafy vegetables
4. The age that an infant can begin eating solid foods is...	1 month	2-3 months	4-6 months
5. When starting solid foods, you should...	Begin with 3 or 4 foods to see which baby likes the best	Add only one food every few days to see if the baby has an allergic reaction	Begin with scrambled eggs
6. For lunch Erika had a peanut butter sandwich, an orange, and a glass of milk. This includes foods from how many food groups?	3	4	5
7. Breast-feeding offers many advantages for mother. Which of the following is NOT an advantage?	Helps uterus return to normal size faster	Helps keep baby from getting sick	Eliminates night feeding
8. When is it best to give a baby a bottle while the baby is lying down?	At every feeding	At night feeding only, when baby is going to sleep	Never feed the baby when the baby is lying down
9. When is it okay to use anything other than formula, breast milk, or water in the bottle?	Anytime	After baby has finished the normal amount of milk or formula from the bottle.	Best never to give anything other than formula, breast milk, or water from the bottle.
10. If mother is unable or chooses not to breast-feed, baby should be fed...	Formula fortified with iron	Formula without iron	Whole milk with honey

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