

Baby Food and Infant Formula Safety

Post Test – October 2014

Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.

Learning Objective: After reading the newsletter, the provider understands some ways to prepare and keep baby food and formula safe for infants.

1. Infants and young children are particularly vulnerable to foodborne illness because their immune systems are over developed and do not fight off infections.
True or False
2. The most important _____ that you can take to prevent foodborne illness in your babies and children is to wash your hands.
3. Make sure that the safety button on the lid is down on jars of baby food. Discard any jars that don't "pop" when opened or that have chipped glass or rusty lids.
True or False
4. Put a small serving of food on a clean dish and refrigerate the remaining food in the jar. If the baby needs more food, use a _____ spoon to serve another portion. Throw away any food in the dish that's not eaten. If you do feed a baby from a jar, always discard any remaining food.
5. Never leave any open containers of liquid or pureed baby food out at room temperature for more than _____ hours: Harmful bacteria grows rapidly in food at room temperature.
6. Store opened baby food in the refrigerator for no more than three days: If you're not sure that the food is safe, remember this saying: "If in doubt, throw it out."
True or False
7. _____ milk does not have the correct balance of nutrients for infants to grow and develop normally, and it can cause problems with anemia and kidney function.
8. Most infant formula is made with cow's milk, but it has been modified and supplemented with additional nutrients. As a result, the formula is more nutritious and easier for the baby to digest than cow's milk.
True or False
9. The FDA _____ approve infant formulas before they can be marketed. All formulas marketed in the United States, however, must meet Federal nutrient requirements. The FDA also monitors infant formula, which means that it inspects facilities that manufacture formula and analyzes samples.
10. Prepare safe water for mixing: Bring tap water to a rolling boil and boil it for one minute. If you use bottled water, follow this same process unless the label indicates that it is _____. Then, cool the water quickly to body temperature before mixing the formula.



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

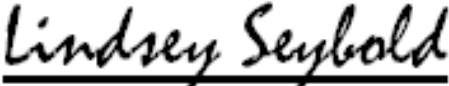
October 2014: Baby Food and Infant Formula Safety

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____


Lindsey Seybold

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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