

PEDIATRIC NUTRITION QUIZ

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1. A first time mother asks you about the correct age for introducing solids in her healthy infant's diet. What would you tell her?
 - a) 2- 4 months
 - b) 4-6 months
 - c) 6-8 months
 - d) 8-9 months

2. The recommended age to introduce low-fat milk into children's diet is:
 - a) 6 months
 - b) 9 months
 - c) 12 months
 - d) 15 months
 - e) 24 months

3. All of the following are appropriate anticipatory guidance items for a parent of a 3- year- old EXCEPT:
 - a) The child should be allowed to eat unsupervised only if he or she is sitting down.
 - b) The child should be taught to avoid stuffing excessive amount of food into his or her mouth.
 - c) The child should not be given whole hot dogs.
 - d) The child should be taught to eat sitting down.

4. At what age the introduction of fresh cow's milk is recommended?
 - a) 4 months
 - b) 6 months
 - c) 9 months
 - d) 12 months
 - e) 15 months

5. A three day-old term infant borne at home, breast-fed exclusively, presented to the ED with lethargy, bulging fontanel, and bright red blood from rectum. What is the most likely etiology of his disease?
 - a) Fluoride deficiency.
 - b) Ca deficiency.
 - c) Vitamin K deficiency.
 - d) Iron Deficiency.

6. What is the appropriate 24 hours fluid maintenance for a 16-months old with body-weight of 12 kg?
- a) 450 cc
 - b) 800 cc
 - c) 1100 cc
 - d) 1500 cc
7. In which of the following conditions a special formula should be considered?
- a) Post gastroenteritis malabsorption syndrome.
 - b) Fat malabsorption.
 - c) Cholestatic liver disease.
 - d) Cow's milk enteropathy.
 - e) All the above.
8. Which of the following special infant formulas has the highest content of medium-chain triglycerides (MCT):
- a) Alimentum.
 - b) Pregestimil.
 - c) Portagen.
 - d) Neocate infant.
9. Which of the following can the parents use to assess the adequacy of the infants' nutrition?
- a) Adequate weight gain.
 - b) Good urine output
 - c) Calories count.
 - d) All the above.