You are invited to participate in a research project regarding infant nutrition education in a family medicine residency. This accompanying written quiz should take about 15 to 20 minutes to complete. Participation is voluntary, and responses will be kept anonymous to the degree permitted by the technology being used. If you are identified unintentionally all attempts will be made to ensure your confidentiality.

You have the option to not respond to any questions that you choose. Participation or non-participation will not impact your relationship with Sparrow Family Medicine Residency. Submission of the survey will be interpreted as your informed consent to participate and that you affirm that you are at least 18 years of age.

If you have any questions about the research, please contact the Principal Investigator, Katrina Weirauch-Engle DO, via email at Katrina.Weirauch-Engle@Sparrow.org or the Co-Investigator, Mark Kidwell DO, via email at Mark.Kidwell@Sparrow.org. If you have any questions regarding your rights as a research subject, contact the Sparrow Institutional Review Board (IRB) at (517) 364-5016.

Please print or save a copy of this page for your records.

\* I have read the above information and agree to participate in this research project.

Name of street on which you grew up: . Date: .

1. According to the AAP, which of the following recommendations regarding breastfeeding duration is correct?
   1. Exclusively for the first four months, decreasing thereafter based on how much solid food the infant is eating
   2. Exclusively for the first six months, decreasing thereafter based on how much solid food the infant is eating
   3. Exclusively for the first four months, continuing until infants first birthday or longer if mutually desired by mother and baby
   4. Exclusively for the first six months, continuing until infants first birthday or longer if mutually desired by mother and baby
   5. Exclusively for the first year, continuing until infants second birthday or longer if mutually desired by mother and baby
2. Generally, which of the following statements regarding formula feeding volumes and frequency is correct?
   1. Infants should be taking 2-3 oz every 3-4 hours after the first few days of life, followed by at least 4 oz every 4 hours by the end of the first month and 6-8 oz every 4-6 hours by the sixth month
   2. Infants should be taking 1-2 oz every 3-4 hours after the first few days of life, followed by at least 3 oz every 4 hours by the end of the first month and 5-6 oz every 4-6 hours by the sixth month
   3. Infants should be taking 2-3 oz every 1-2 hours after the first few days of life, followed by at least 4 oz every 2 hours by the end of the first month and 6-8 oz every 3-4 hours by the sixth month
   4. Formula fed infants take smaller, more frequent feedings than breastfed infants
   5. On average per day, formula fed infants should be taking 4 oz for every pound of body weight
3. You are performing a physical examination for a well-child check on a 6-month-old male infant. Mom is wondering if the baby’s growth and development are appropriate for his age, as she noticed that his growth slowed down in the past 2-3 months. You review the growth parameters obtained at today’s visit. Which of the following findings is most consistent with normal growth and development in the first 6 months of this baby’s life?
   1. Doubling of the birth weight
   2. Increased head circumference by 5 inches since birth
   3. Increased height by 10 to 12 cm
   4. Slow weight gain in the first 3 months after birth, followed by a growth spurt in the next 3 months
   5. Weight gain of 10 g per day
4. Starting a few days after birth, which of the following statements regarding vitamin D supplementation in exclusively breastfed infants is correct?
   1. Infants whose mothers received 2400 IU vitamin D per day received adequate vitamin D compared to infants who directly received 400 IU vitamin D per day
   2. Infants should be directly supplemented with 400 IU vitamin D per day until they are taking at least 28 oz of vitamin D fortified formula or whole milk per day
   3. Infants should be directly supplemented with 400 IU vitamin D until vitamin D containing foods are introduced at 6 months
   4. Infants should be directly supplemented with 400 IU vitamin D per day until they are taking at least 32 oz (~1 L) of vitamin D fortified formula or whole milk per day
   5. Infants whose mothers received 6400 IU vitamin D daily did not receive adequate vitamin D compared to infants who directly received 400 IU vitamin D per day
5. What are the AAP recommendations regarding iron supplementation in exclusively breastfed infants?
   1. Iron supplementation is not needed as infants receive enough iron during the third trimester to last for the first year of life
   2. Infants should receive 1 mg/kg/day of liquid iron supplementation until they receive the majority of their nutritional needs from solid foods around one year
   3. Infants should receive 1 mg/kg/day of liquid iron supplementation beginning at four months of age until iron-containing solid foods are introduced beginning around six months of age
   4. Infants should receive 1 mg/kg/day of liquid iron supplementation beginning at four months of age until iron-containing solid foods are introduced beginning at eight months of age
   5. Regardless of supplementation, all babies be screened at six months of age for iron deficiency and iron deficiency anemia
6. A 2-month old female born at term presents with her mother over concerns for poor weight gain. At her 1-month well-child visit she weighed 4.5 kg, today she weighs 5.4 kg. Which of the following statements is correct?
   1. This weight gain is not adequate as she should gain approximately 40 g per day for a total of 1.2 kg gained over a 30 day period
   2. This weight gain is not adequate as she should gain approximately 35 g per day for a total of 1.05 kg gained over a 30 day period
   3. This weight gain is adequate as she should gain approximately 30 g per day for a total of 900 g over a 30 day period
   4. This weight gain is more than adequate as she should gain approximately 15 g per day for a total of 450 g gained over a 30 day period
   5. This weight gain is more than adequate as she should gain approximately 10 g per day for a total of 300 g gained over a 30 day period

Use the following scenario as well as the accompanying table and growth charts for the next three questions: A formula fed 9-month old male born at term is being evaluated for failure to thrive. His current weight is 7.2 kg and his height is 67.5 cm.

1. This child’s current height corresponds to the ideal height for what age?
   1. 5 months
   2. 6 months
   3. 7 months
   4. 8 months
   5. 9 months
2. What is this childs ideal weight for his current height?
   1. 6.4 kg
   2. 7 kg
   3. 8 kg
   4. 8.6 kg
   5. 9 kg
3. After taking a history and performing a physical exam, the patient is diagnosed with failure to thrive. Based on his ideal weight how many kcal should this patient receive per day?
   1. 686 kcal per day
   2. 784 kcal per day
   3. 816 kcal per day
   4. 864 kcal per day
   5. 928.8 kcal per day

**Dietary Reference Intake for Young Children**

Age Kcal per kg per day

0 to 6 months 108

6 to 12 months 98

1 to 3 years 102

