

Pediatric Nutrition Quiz

4/03

Madeline Matar Joseph, MD, FACEP

University of Florida Health Science Center; Jacksonville, FL

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 mediumchain 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.