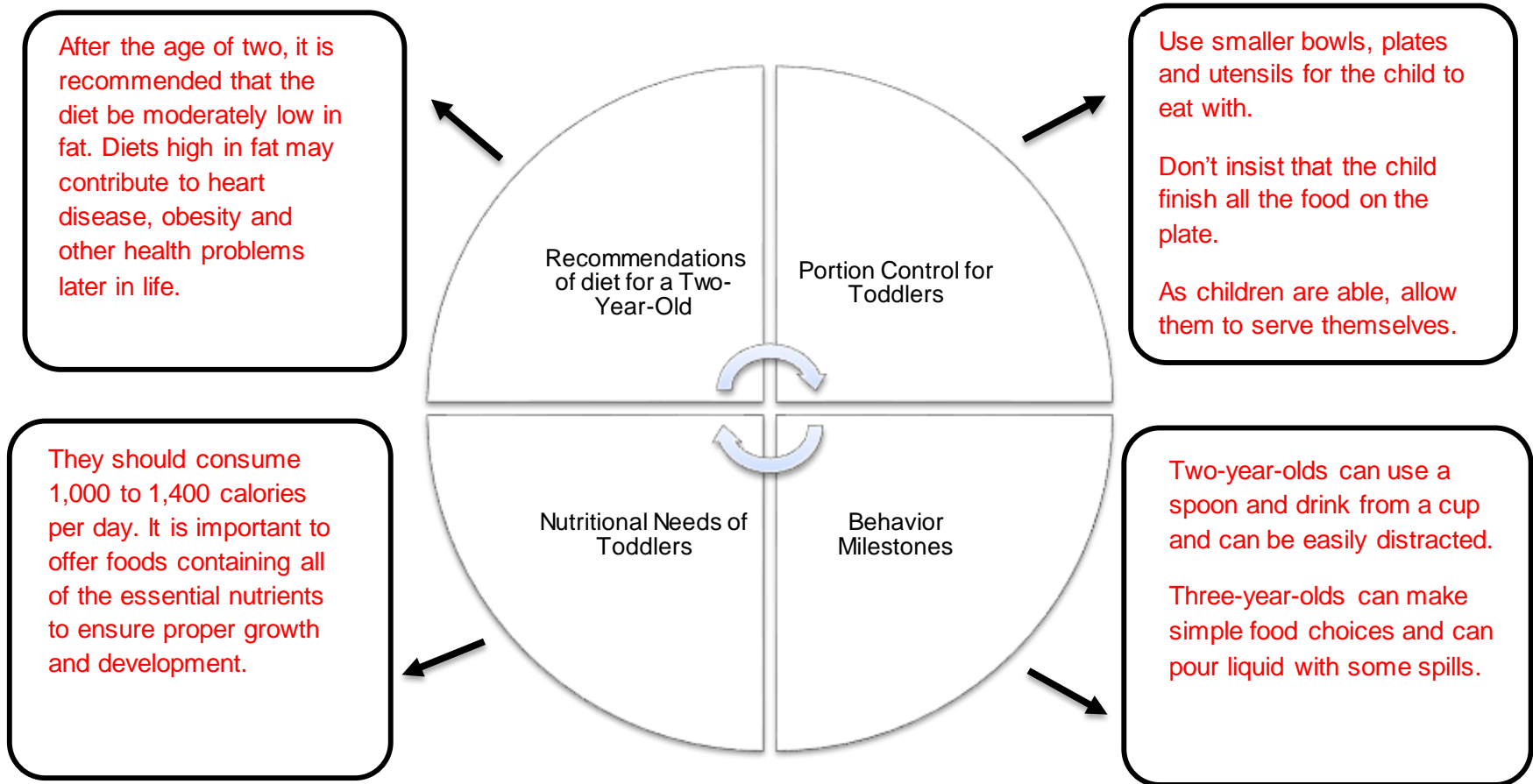


(Key) Note-taking Nutritional Needs: Infancy to Toddler

Identify the main facts of each component. Answer the question below.

Feeding your infant	What is an age-appropriate diet?	Birth to four months of age	Four to six months of age	Six to eight months of age	Eight to twelve months of age
<p>Food provides the energy and nutrients that babies need to be healthy.</p> <p>Infants usually start eating solid foods between four to six months of age.</p>	<p>An age-appropriate diet is one that provides adequate nutrition, is appropriate for a child's state of development and can help prevent childhood obesity.</p>	<p>During the first four to six months of life, infants needs only breast milk or formula to meet all their nutritional needs. Never give honey to an infant, as it may contain the spores that cause botulism.</p>	<p>At four to six months of age, an infant should be consuming 28 – 45 ounces of formula or breast milk a day.</p> <p>There are several developmental milestones to indicate an infant is ready to eat solid foods: The baby can show fullness by turning the head away or by not opening the mouth.</p>	<p>Continue to offer breast milk or formula three to five times per day.</p> <p>Cow's milk is not recommended by the American Academy of Pediatrics for children under one-year-old.</p>	<p>Breast milk or formula should be offered three to four times per day at this age.</p> <p>At eight to twelve months of age, a baby will be ready to try strained or finely chopped meats.</p>



What are some safety tips to remember when feeding an infant or toddler?

1. (Answer will vary)
2. (Answer will vary)
3. (Answer will vary)