

Alimentation of healthy babies

Single choice

- 1) Select the necessary intake of calories/kg/24hours for a healthy newborn?
 - a) 130
 - b) 100-110
 - c) 120
 - d) 115
 - e) 90-100

- 2) How many supplementary meals requires 10-12 months old breast fed baby during 24 hours?
 - a) 5 meals
 - b) 4 meals
 - c) 3 meals
 - d) 4 - 5 meals
 - e) 1 meal

- 3) What category of children has the highest necessity of proteins and calories per kg body mass?
 - a) school age children
 - b) suckling babies from 0 to 6 months
 - c) suckling babies from 6 to 12 months
 - d) newborn babies
 - e) preschool age children

- 4) What is the optimal time when the baby must be applied to the breast?
 - a) immediately after birth (within 30 minutes)
 - b) 2 hours after birth
 - c) 12 hours after birth
 - d) 6 hours after birth
 - e) 24 hours after birth

- 5) Indicate the exact method to calculate the volume of food required for a baby in 24 hours:
 - a) volumetric method
 - b) Filatov formula
 - c) Zaițev formula
 - d) Tur formula
 - e) energy method

- 6) For bottle fed babies the complement is indicated:
 - a) at 6 months age old, as in natural food
 - b) at 4 months age old, indifferently from body mass value
 - c) at 4 months age old, if they have anemia
 - d) if the baby is hungry and has over 4 months age
 - e) at 4 months age if he is relevant to other types of foods aside from the milk, that he receives

- 7) What is the recommended frequency of meals for 6 months old baby, if he is bottle fed?
 - a) 6-7 times per day
 - b) 6 times per day
 - c) 5-6 times per day
 - d) 5 times per day
 - e) every 3.5 hours

- 8) Which is the daily necessity in calories per kg body mass for 1,5-3 years old children?
- a) 115
 - b) 90
 - c) 105
 - d) 120
 - e) 110

- 9) Which is the daily necessity in calories per kg body mass for 4-6 years old children?
- a) 105
 - b) 80
 - c) 110
 - d) 115
 - e) 95

- 10) Which is the daily necessity in calories per kg body mass for 12-15 years old children?
- a) 95
 - b) 90
 - c) 80
 - d) 100
 - e) 60

- 11) Which is the daily necessity in proteins per kg body mass for 1,5-3 years old children?
- a) 3,5 g per kg
 - b) 1,5g per kg
 - c) 4-4,5g per kg
 - d) 3,0 g per kg
 - e) 2,5 g per kg

- 12) Which are the adapted formulas recommended for feeding of baby with intolerance to cow milk proteins?
- a) Nutrilon
 - b) NAN-no lactose
 - c) Alfare
 - d) Nestogen
 - e) Hipp HA1

- 13) What represents the supplement?
- a) another food, than milk (mashed fruit, for example)
 - b) accumulated body mass surplus
 - c) milk formula, administered to babies on mixt feeding
 - d) milk formula, administered to babies on bottle feeding
 - e) cereals porridge, given to babies starting from 6 months age

- 14) The alternative method is used:
- a) in case of suckling baby's food diversification
 - b) in case of suckling baby's mixt feeding
 - c) in case of suckling baby's bottle feeding
 - d) in case of suckling baby's breast feeding
 - e) in preschool child feeding

- 15) Select situations when the complementary method is used:
- a) in the case of suckling baby's bottle feeding
 - b) in the case of suckling baby's breast feeding
 - c) in the case of baby's feeding diversification

- d) in the case of suckling baby's mixt feeding
- e) in preschool children feeding

16) Select a sure sign indicating that the baby does not receive the required quantity of milk:

- a) baby sucks often and long time
- b) baby refuses to suck
- c) baby is restless, agitated all day
- d) stools in small quantity
- e) flattening of weight curve (weight increasing less than 500g/month)

17) How is explaining the advantage of breast feeding for adequate neuropsychological development of baby?

- a) presence of polysaccharides in breast milk
- b) presence of leencephalin, β -endorphin, meta-encephalin in breast milk
- c) increased level of serum proteins
- d) presence of secretory IgA
- e) presence of P-casamorphine

18) Indicate the minimal age when is recommended the introduction of mash vegetables in suckling baby's ration:

- a) 6 months
- b) 7 months
- c) 5 months
- d) 8 months
- e) 9 months

19) Indicate the minimal age when is recommended the introduction of cereal porridge in suckling baby's ration:

- a) 6.5 months
- b) 5 months
- c) 3 months
- d) 7 months
- e) 6 Monday

20) Indicate the minimal age when is recommended the introduction of mash fruits in suckling baby's ration:

- a) 2 months
- b) 3 months
- c) 6 months
- d) 7 months
- e) 3,5 months

21) Indicate the minimal age when is recommended the introduction of meat in suckling baby's ration:

- a) 6 months
- b) 7 months
- c) 5 months
- d) 8 months
- e) 4 months

22) Indicate the minimal age when is recommended the introduction of fruit juice in baby's ration:

- a) 1 month
- b) 2 months

- c) 7 months
- d) 8 months
- e) 6 months

23) Indicate the minimal age when is recommended the introduction of cheese in baby's ration:

- a) 6 months
- b) 7 months
- c) 8 months
- d) 10 months
- e) 1 year

24) Indicate the minimal age when is recommended the introduction of fish in baby's ration:

- a) 4 months
- b) 5 months
- c) 6 months
- d) 7 months
- e) 8 months

25) Indicate the minimal age when is recommended the introduction of egg yolk in baby's ration:

- a) 2 months
- b) 4 months
- c) 7 months
- d) 8 months
- e) 6 months

26) Specify the age when is allowed to introduce the integral cow's milk according the WHO recommendations?

- a) 6 months
- b) 12 months
- c) 2 months
- d) 8 months
- e) 3 months

27) Select the volume of food recommended for 4-6 months old babies, calculated by the volumetric method:

- a) 1 / 5 of body weight
- b) 1 / 6 of body mass
- c) 1 / 7 of body weight
- d) 1 / 8 of body weight
- e) 1 / 9 of body mass

28) Select the produce recommended as a rule for the onset of the baby's feeding diversification:

- a) fruit juice
- b) mash vegetables
- c) mash meat
- d) biscuits
- e) egg yolk

29) Select food product which is not recommended for suckling babies, according WHO?

- a) fish
- b) cheese
- c) butter
- d) cow's milk
- e) egg yolk

30) What is the degree of hypogalactia, according to breast milk deficit equal to 50% from the suckling baby's daily necessities?

- a) I degree
- b) II degree
- c) III degree
- d) Mild
- e) Severe

31) What provides the adequate alimentary regime of 7 months old breast fed baby?

- a) 5 feedings with adapted formula, plus two complementary feedings
- b) 3 feedings with adapted formula, plus 2 complementary feedings and water
- c) only breast feeding at request
- d) breast feeding at request, minimum 5-6 times in 24 hours, including night plus 3 complementary feedings
- e) 2 feedings with adapted formula, plus 3 complementary feedings

32) How many calories are necessary for to supplement the daily ration of nursing mother?

- a) 200 -400 kkal/24 hours
- b) 700-1000 kkal/24 hours
- c) 500 kkal/24 hours
- d) no supplement
- e) 1500 kkal/24 hours

33) What is recommended for nursing mother's alimentary ration?

- a) fats content is supplemented with 11 g / kg in 24 hours
- b) proteins content is supplemented with 11 g / kg in 24 hrs
- c) carbohydrates content is supplemented with 30%
- d) not supplemented fats content
- e) not supplemented carbohydrates content

34) What is the energetic value of colostrum in the first day after birth?

- a) 1500 kkal / l
- b) 1000 kkal / l
- c) 900 kkal / l
- d) 800 kkal / l
- e) 670-700 kkal / l

35) What is the energetic value of mature breast milk?

- a) 1500 kkal / l
- b) 1000 kkal / l
- c) 900 kkal / l
- d) 800 kkal / l
- e) 670-700 kkal / l

36) What is the term recommended by WHO for weaning babies from the breast?

- a) infants older than 2 years
- b) 6 months old babies
- c) 1 year old infants
- d) 10-12 month old babies
- e) 1.5 years old infants

37) What is the daily quantity of meal recommended for a 18 months old child?

- a) Less than 1000 ml/24h
- b) 1200-1500 ml/24h

- c) 1400-1500 ml/24h
- d) 1100-1200 ml/24h
- e) 1600-1800 ml/24h

38) What is the frequency of alimentations during 24hours for a two years old infant?

- a) 6 times
- b) 3 times
- c) 5 times (3 basic meals and 2 light meals)
- d) 4 times
- e) at the infant's request

39) Select the infant's age when is recommended to continue breastfeeding, simultaneous with the complementary feeding, according to WHO?

- a) until the age of 5-6 months
- b) until the age of 1 year
- c) until the age of 2 years and more
- d) until the age of 1 year and 2 months
- e) until the age of 1 year and 6 months

Multiple choice

1) Why is necessary the introducing of complement in suckling baby's alimentation?

- a) the nutritional needs at a certain age can not be covered only by breast milk
- b) the baby is interested in other types of food
- c) the baby has already first teeth
- d) the baby has more than 4 months
- e) the baby has physiological (neuromuscular, digestive, immune, and urinary system) maturation necessary for consumption of new produces

2) What are the comparative quantitative characteristics of ingredients and essential nutrients of breast milk and cow's milk?

- a) breast milk contains less protein
- b) breast milk contains more protein
- c) breast milk contains more glucides
- d) breast milk contains less glucides
- e) breast milk contains less lipids

3) What are the main complementary foods, which a baby receives from the age of 6 months?

- a) white cheese
- b) fruit juice
- c) mash vegetables
- d) cereal porridge
- e) cow's milk

4) What are the alimentation recommendations for Ist degree premature newborn?

- a) applied to the breast on request
- b) alimented by probe with breast milk
- c) applied to the breast frequently, but no more than eight times in 24 hours, including night
- d) applied to the breast 6 times in 24 hours
- e) applied to the breast every 3 hours

5) Specify which of following formula of milk powdered is used to calculate alimentar volume in artificial alimentation of baby in the first week of life:

- a) $V = (n-1) \times 70$, where n- number of days of life, v- volum of milk/day
- b) $V = (n-1) \times 80$, where n- number of days of life, v- volum of milk/day

- c) 1/10 of body weight + 200, in ml
 - d) 1/5 of body weight, in ml
 - e) 1/6 of body weight, in ml
- 6) Which of milk formulas are for preterm born babies?
- a) pre NAN
 - b) Hipp Pre
 - c) Nestogen 1
 - d) NAN 1
 - e) Alfare
- 7) Select the correct statements about breast milk lactose:
- a) breast milk lactose cover \approx 60% of daily energy needs of infant
 - b) breast milk lactose cover \approx 40% of daily energy needs of infant
 - c) breast milk lactose is digested \approx 90% in small intestine
 - d) breast milk lactose favors the growing of conditioned pathogenic intestinal flora
 - e) breast milk lactose increases the suckling baby's intestinal pH
- 8) Select the correct statements about breast milk lipids:
- a) breast milk lipids cover \approx 50% of baby's energetic needs
 - b) breast milk lipids cover \approx 60% of baby's energetic needs
 - c) breast milk lipids are in a higher concentration in anterior milk
 - d) posterior milk is more rich in lipids
 - e) saturated greasy acids predominate in lipid composition of breast milk
- 9) What are the basic conditions for to introduce the complement in the breast fed baby's ration?
- a) baby has 6 months
 - b) baby has 4 months
 - c) baby is older 4 months and has decreased body weight
 - d) baby is older 4 months and seems to be hungry after eating
 - e) baby has 6 months, is healthy and shows interest for another types of foods
- 10) Indicate the correct statements about the iron content in breast milk:
- a) breast milk contains a quantity of iron equivalent to that of cow's milk
 - b) breast milk contains higher quantity of iron than cow's milk
 - c) iron concentration in breast milk depends on its content in the mother's organism
 - d) concentration of iron in breast milk does not depend from its content in mother's organism
 - e) the iron in breast milk has higher bioavailability that the iron from another types of milk
- 11) What trigger factors are involved in the prolactin reflex?
- a) increased concentration of progesteron in the blood of mother
 - b) complete evacuation of produced milk
 - c) breast feeding of baby and also during the night
 - d) nipple receptors excitation
 - e) permanent physical contact between mother and baby („eye to eye, skin to skin”)
- 12) Indicate what is the water necessary of a 6-years old child (ml/weight/4 hours):
- a) 100-110
 - b) 120-135
 - c) 90-100
 - d) 140
 - e) 80

- 13) Indicate the characteristics of alimentation of 3 -7 years old children:
- a) number of meals / day equal to 5 (3 basic meals and 2 light meals)
 - b) daily food volume equal to 1400-1800 ml
 - c) energy need equal to 80 kcal / kg / 24 hours
 - d) number of meals / day equal to 3
 - e) daily food volume equal to 2000 - 2500 ml/24 hours
- 14) What can decrease the energetic density of suckling baby's alimentation?
- a) viscosity of complementary foods
 - b) breast milk
 - c) lipids
 - d) water
 - e) frequency of alimentations
- 15) How many meals are recommended for children aged between 4 and 5 years?
- a) 3 meals/day
 - b) 8 meals/day
 - c) 3 meals/day and 2 snacks
 - d) at children's desire
 - e) 5 meals/day
- 16) Indicate the possible consequences of pupil's unbalanced alimentation:
- a) obesity
 - b) nanism
 - c) rickets
 - d) iron deficient anemia
 - e) failure to thrive
- 17) What errors in alimentation can cause nutritional disorders in children?
- a) inadequate bottle feeding
 - b) excessive use of some produces
 - c) exclusive breast feeding until 6 months of age
 - d) late introducing of complementary foods
 - e) introducing of complementary foods from 6 months of age
- 18) Which are the advantages of breast milk comparatively to cow's milk?
- a) albumin content is higher than that of casein
 - b) casein content higher than that of albumin
 - c) it contains immune protection factors
 - d) it contains alfa-lactose
 - e) it contains beta-lactose
- 19) Which are the signs of effective breast sucking?
- a) baby makes frequent sucking movements
 - b) baby makes sucking movements slowly, with pauses
 - c) swallowing is heard at every 2-3 sucking movements
 - d) baby stops to suck at 5-10 minutes
 - e) baby falls asleep at breast or is satisfied
- 20) In what pathologies of mother is contraindicated the breast feeding?
- a) breast cancer
 - b) acute renal failure
 - c) acute pneumonia
 - d) acute respiratory infection

e) HIV infection

21) What are the requirements for the introducing of complement in breast fed baby?

- a) 6 months age
- b) absolutely healthy baby
- c) 4 months age
- d) it is given with a tea spoon
- e) at start it is given after breastfeeding

22) What are the conditions requiring the indication of mixed alimentionation of suckling babies ?

- a) the baby is excited
- b) baby with ponderal index till 0.9 to in the first month after birth
- c) incurable hypogalactia in mother
- d) absence of mother a certain period of day
- e) flat ponderal curve

23) What milk formulas are from adapted formulas group?

- a) Biolact
- b) NAN-1, NAN-2, NAN-3
- c) Malish
- d) Nestogen 1, Nestogen 2
- e) cow's milk diluted with water in ratio 1:2

24) What milk formulas are lactose free ?

- a) Lailac
- b) NAN- lactose free
- c) NAN-acidophilic
- d) Maliutca
- e) O-LAC

25) Select the special dietetic milk formulas:

- a) Malish
- b) Similac Isomil
- c) O-LAC
- d) Alfare
- e) NAN-1, NAN-2

26) What listed signs are incidents / accidents in breast feeding?

- a) regurgitation
- b) vomiting
- c) suckling baby's abdominal colic
- d) enterocolitis
- e) temporary breast refusal

27) What listed produces serve as a recommended source of protein for suckling baby?

- a) meat
- b) meat boullion
- c) egg yolk
- d) egg white
- e) cheese / white cheese

28) The insufficient consumption of lipids in infants can cause:

- a) frequent diseases
- b) decreased energy intake

- c) growing retardation
- d) hypovitaminosis (A, D, E, K)
- e) neuropsychical retardation

29) Excessive consumption of lipids in infants can cause:

- a) apathy
- b) rapid growing
- c) obesity
- d) diarrhea
- e) vomiting

30) Insufficient consumption of carbohydrates by suckling baby can cause:

- a) nervous system pathology
- b) reduceing of glycogen reserves
- c) hypoglycemia
- d) growing retardation
- e) pancreatitis

31) What skills and development peculiarities are necessary for 6 months old baby for introducing the complementary food?

- a) complexe chewing movements
- b) biting and chewing
- c) appearance of first chewing movements
- d) replacing of vomiting reflex from the center to the root of tongue
- e) sucking and swallowing

32) Which of the following pathologies of the mother are risk factors for breast feeding difficulties?

- a) diabetes mellitus
- b) acute respiratory infection
- c) HIV infection
- d) Postpartum emergencies
- e) Breast cancer

33) What represents the complementary feeding?

- a) the introduction of new foods at 6 months baby's age
- b) nutrition of baby with other types of milk (milk formulas)
- c) baby fed with breast milk and other type of milk
- d) gradual habituating of suckling baby with another foods than milk
- e) diversifying of alimentation, recommended for suckling babies from 6 months age

34) What is refering to specific human functions regulator factors present in milk?

- a) Calcium and Natrium
- b) carnitine
- c) taurine
- d) polyunsaturated greasy acids
- e) saturated greasy acids

35) Which are advantages of proteins in breast milk vs cow milk?

- a) a.the protein in the breast milk is represented mostly by casein
- b) b.breast milk contains more serum proteins
- c) c.the breast milk composition meets the baby's needs
- d) d.breast milk protein is represented by alpha lactalbumin
- e) e.breasts milk protein is represented my beta lactalbumin

- 36) What are the basic conditions for lactation initiating and stimulating?
- enriched diet of mother
 - applying to breast of newborn in the first half hour after birth
 - applying to breast of baby at request, including night time
 - giving of supplementary liquid to mother
 - maximal releasing of breasts from breast milk
- 37) What products can be included in alimentary ration of a 6 months old baby?
- mash vegetables and fruits
 - fish
 - dry bread
 - cereal porridges
 - fruit juice
- 38) What factors can cause secondary hypogalactia?
- frequent applying of baby to breast
 - rare applying of baby to breast
 - incorrect positioning and applying of baby to breast
 - extragenital pathologies in mother
 - treatment with antibiotics
- 39) What can increase the energetic density of suckling baby's alimentation?
- supplementary foods viscosity
 - breast milk
 - lipids
 - water
 - frequency of alimentations
- 40) What must be taken into account in the selection of suckling baby's milk formula?
- age of baby
 - body mass of baby
 - health state or some health problems of baby
 - blood analysis
 - peculiarities of suckling baby's development
- 41) What components of breast milk are referring to factors regulating specific functions of newborns and suckling babies?
- growth factors
 - enzymes
 - essential nutrients
 - hormones
 - microelements
- 42) Indicate the alimentary ingredients, the content of which does not depend on consumption and nutritional status of mother:
- iron
 - vitamin A, D
 - calcium
 - zinc
 - vitamins of group B
- 43) What are the compositional peculiarities of colostrum?
- it contains more fat than breast milk
 - it contains more proteins than breast milk

- c) it contains less carbohydrates than breast milk
 - d) it contains more carbohydrates than breast milk
 - e) it contains more liposoluble vitamins
- 44) What are the protection and immunomodulator factors of human milk?
- a) amylase
 - b) secretory Ig A
 - c) lisozyme
 - d) carnitine
 - e) interferons
- 45) Indicate the possible consequences of protein deficiency in nutrition of infants and preschool age children:
- a) retardation of physical development
 - b) retardation of neuropsychical development
 - c) decreased resistance of organism to infections
 - d) anemia
 - e) functional overloading of renourinary system
- 46) Indicate the possible consequences of proteins excess in the alimentation of infants and preschool aged children:
- a) overloading of digestive system
 - b) metabolic overloading
 - c) reduced imunoreactivity
 - d) anemia
 - e) functional overloading of renourinary system
- 47) What are the possible consequences of excessive carbohydrates consumption on the background of reduced proteins and lipids consumption in children?
- a) decreased resistance to infections
 - b) paratrophy
 - c) allergic manifestations
 - d) reducing of nictemeral calories intake
 - e) hyperglycemia
- 48) What listed foods should be excluded from the 1-3 years old infant daily ration ?
- a) cow's milk
 - b) spicy foods
 - c) smoked foods
 - d) pork bacon, pork lard
 - e) vegetable soup
- 49) Indicate the correct statements regarding the establishment of nursing mother food ration:
- a) the mother's energetic necessities in lactation period are not changing comparatively to pregnancy period
 - b) the mother's energetic necessities in lactation period are higher than these of pregnant woman
 - c) the quantity of secreted breast milk depends directly by the mother's food consumption
 - d) even the mothers who have a deficient alimentary regime, can produce adequate quantity of qualitative milk
 - e) the necessity in proteins in nursing mother's ration increases with 8-11g/24 hours

50) Which are the alimentation characteristics for 7-12 years/old children?

- a) a.4 feedings in 24/hours
- b) b.volume of food 180-200 ml/24 hours(1800-200???)
- c) c.the necessity in calories 60-70 kcal/kg/24 hours
- d) d.3 feedings in 24 hours
- e) e.volume of food 1400-1500 ml/24hours

51. Which are the alimentation characteristics for 12-18 years/old children?

- a) a.3 feedings in 24 hours
- b) b.volume of food 200-2500 ml/24 hours
- c) c.the necessity in calories for boys 60kcal/kg/24h for girls 50 kcal/kg/24h
- d) d.the necessity in proteins 1.2-1.5 g/kg/24h
- e) e.the necessity in carbohydrates 12-14 g/kg/24h

52) What statements about 1-3 years old infant's alimentation are correct?

- a) it is recommended especially adapted milk formula, not integral cow's milk
- b) it is recommended to reduce the consumption of products with high content of salt, fat and sugar
- c) the aliments differ from these used by adults through superior quality, quantity and consistency, adapted to age
- d) daily need (per kg / body weight) in water in children is more than in adults
- e) daily need (per kg / body weight) in water is lower in children than in adults

53) What are the biologic advantages of breast milk comparative to cow's milk?

- a) it contains secretory Ig A
- b) it contains more iron
- c) it ensures to baby passive immunity due to immunological factors content
- d) it contains growth factors (including hormones)
- e) breast milk proteins don't provoke allergy in baby

54) The following statements are characteristic for correct applying to breast:

- a) baby's mouth is wide open
- b) lower lip is in retroversion
- c) baby grabs with the mouth the nipple and much part of areola
- d) a higher part of areola is visualizing above
- e) the baby's chin is distant from the breast

55) The adequate suckling baby's alimentation can be appreciated after the following signs:

- a) weight curve is ascending, corresponds to age
- b) satisfactory general state
- c) the frequency of respiratory diseases
- d) frequency of voidings (more than 6 in 24 hours)
- e) the baby's state after feeding (satisfied, calm)

56) What are the consequences of poor alimentation for a child?

- a) a.frequent acute respiratory infections
- b) b.rickets
- c) c.hypovitaminosis
- d) d.anemia
- e) e.growth retention

- 57) The correct positioning of baby at breast involves the following signs:
- a) baby's body and head are aligned on a straight line
 - b) baby's body is turned to the mother's body
 - c) mother keeps whole body, not only the head
 - d) baby's body stuck to the mother body
 - e) mother keeps the breast with one hand
- 58) What are the signs for to suspect the insufficient lactation?
- a) suckling baby's weight gain 150g per week
 - b) baby has a flat ponderal curve
 - c) baby has 5 voidings within 24 hours
 - d) baby's stool is irregular, unstable
 - e) baby is excited, especially after food, has bad sleeping
- 59) What of the following statements about the baby's feeding diversification are correct?
- a) diversification will start in the age of 6 months
 - b) diversification will start only if the baby is healthy
 - c) new food will be given with tea spoon
 - d) first complement preferably will be mash vegetable
 - e) two or more new foods are introduced concomitantly
- 60) What statements are rules to initiate the suckling baby's bottle feeding?
- a) milk formula will be introduced in the diet only when the baby is healthy
 - b) milk formula will be introduced progressively and gradually
 - c) not introduce simultaneously two or more new milk formulas
 - d) if ponderal curve is stagnating during 1 week, to use another milk formula
 - e) adapted milk formula preferably should be used
- 61) What are the adverse effects of cow's milk using in suckling baby's alimentation?
- a) osmotic renal overloading
 - b) deficient anemia
 - c) metabolic alkalosis
 - d) allergic gastroenteropathy
 - e) distrophy
- 62) Conformable to which criterias are classified milk formulas?
- a) after degree of adaptation
 - b) after the age, at which they are indicated
 - c) after the source of carbohydrates
 - d) after production technology
 - e) after compositional peculiarity
- 63) What are the advantages of adapted milk formulas comparatively to these non-adapted?
- a) carbohydrates are constituted exclusively by lactose
 - b) they have a low content of casein and a high whey (milk serum) protein content
 - c) they contain polyunsaturated greasy acids in more quantities
 - d) they are enriched with vitamins and microelements, especially Fe
 - e) they imitate wholly the human milk composition
- 64) What are the disadvantages of adapted milk formulas comparatively to breast milk?
- a) protein is allergic for infant
 - b) they contain less whey (milk serum) protein
 - c) they contain more lactose
 - d) they don't contain anti-infectious factors

e) they contain low quantity of beta-lactoglobulin

65) What are the consequences of disbalanced alimentation for preschool children?

- a) a.nervous anorexia
- b) b.growth retention
- c) c.dystrophia
- d) d.iron deficiency anemia
- e) e.adequate growth

66) What problems of baby are considered unfavorable factors in breast feeding?

- a) refusal from breast
- b) maxillo-facial developmental anomalies (cleft palate, gnatoschizis)
- c) low birth weight
- d) errors of metabolism (phenylketonuria, galactosemia)
- e) severe prematurity

67) What mistakes in suckling baby's feeding can lead to nutritional disorders?

- a) alimentation with excessively diluted milk formulas
- b) prolonged breast feeding with late complementary foods introducing
- c) alimentation with inadequate milk formulas
- d) excessive use of juices and teas
- e) introducing of complementary foods from 6 months age

68) Indicate consequences of late introduction of compliment in suckling baby's feeding:

- a) growing retardation
- b) decreased nutrition
- c) deficiencies of micronutrients (iron, zinc)
- d) delayed chewing motor skills
- e) neuro-psychological development retardation

69) Indicate consequences of early introduction of compliment in suckling baby's feeding:

- a) accelerated physical development
- b) decreasing of lactation and decreasing of energy and nutrients intake by baby
- c) increased risk of infection with administration of products that can be contaminated
- d) increased risk of acute diarrheic disease
- e) increased risk of food allergy

70) Why is not recommended for suckling babies integral or diluted cow's milk?

- a) it contains less calcium and sodium
- b) it can reduce the quantity of produced breast milk
- c) it contains less iron, that has a low bioavailability in comparison with breast milk
- d) it can cause gastrointestinal bleeding
- e) it can cause allergy

71) Select quantitative characteristics of breast milk microelements comparatively to cow's milk:

- a) breast milk contains more iron than cow milk
- b) breast milk contains more calcium than cow's milk
- c) breast milk contains less calcium than cow's milk
- d) breast milk contains less chlorine than cow's milk
- e) breast milk contains less sodium than cow's milk

72) What skills are present as a rule in 7-12 months old babies for complementary food consumption?

- a) sucking and swallowing

- b) complex chewing movements
- c) cleaning of teaspoon with lips
- d) biting
- e) lateral movements with tongue and pushing of food to teeth

73) How is manifesting the immunoprotector role of breast milk?

- a) it ensures to baby the adequate weight gain
- b) it decreases the spreading and duration of diarrheic affections
- c) it reduces the risk of autoimmune diseases (diabetes mellitus type I, non-specific ulcerative colitis)
- d) it reduces the risk of sudden infant death
- e) it protects against necrotic enterocolitis

74) What are the protector and immunomodulator factors of human milk?

- a) prolactin
- b) lactoferrin
- c) interleukin-6
- d) bifidum factor
- e) ribonuclease

75) What are the protector and immunomodulator factors of human milk?

- a) T and B lymphocytes
- b) macrophages
- c) antiviral antibodies
- d) immunoglobulins type A, M
- e) calcitonin

76) Select correct statements about the feeding of nursing mother:

- a) breastfeeding mother's diet must be adapted to her nutritional status
- b) proteic needs of nursing mother are increased by 11 gr/24 hours
- c) the nursing mother needs obligatory supplement with Ca, F, P, Mg Zn, K, Na and vitamin D
- d) considerably increasing of fluid intake will not affect the lactation
- e) the nursing mother needs in calories will be increased by 480-500 kkal/24 hours

77) Indicate restrictions in diet for nursing mothers:

- a) there are no restriction
- b) to exclude the food with allergic potential (exotic fruits, chocolate, honey)
- c) to exclude garlic, extractive substances or strong spices
- d) to exclude the foods at which the infant has manifested adverse reactions
- e) to consume with caution eggs, fish and fruit juices

78) Indicate the factors realizing protective role of breast-feeding against infection:

- a) breast milk is bactericide
- b) breast milk is sterile, unlike other liquids, which may contain pathogen agents
- c) breast milk contains secretory Ig A, which protects against pathogene agents at the level of mucosa
- d) lactoferrin in breast milk competes for Fe with bacteria
- e) breast milk contains nonspecific factors of defense (macrophages, lymphocytes, interferon, Interleukin, etc.)

79) Indicate the oxytocin reflex triggers:

- a) frequent applying of baby to breast
- b) complete removal of produced breast milk

- c) excitation of nipple receptors
- d) applying at breast as early possible after birth
- e) action of positive emotional factors, connected with baby (his image, physical contact, etc.)

80) Indicate the practical recommendations, offered to nursing mothers to stimulate the oxytocin reflex:

- a) applying as more frequently at breast
- b) exclusive breast feeding in the first 6 months of life
- c) permanent presence of mother together with the baby
- d) squeezing of milk remaining after baby feeding
- e) correct applying and positioning at breast

81) Indicate the practical recommendations for nursing mothers how to stimulate the prolactin reflex:

- a) frequent applying of baby at breast, daily and nightly
- b) complete evacuation of milk produced in breast
- c) permanent presence of mother together with the baby
- d) correct positioning and applying at breast
- e) interdiction of food and drink other than breast milk administration during the first 6 months of baby's life

82) Select the compositional characteristics of colostrum in comparison with mature milk:

- a) colostrum is denser
- b) colostrum has higher protein content
- c) colostrum has higher carbohydrate concentration
- d) colostrum has higher concentration of vitamin E
- e) colostrum is more rich in immunoglobulin content

83) Why the colostrum is important for a newborn?

- a) it gives to newborn a sufficient amount of nutrients, concentrated in a smaller volume
- b) it is laxative and helps to eliminate meconium easier, preventing in this way jaundice
- c) it contains less mineral salts
- d) it contains leucocytes and macrophages involved in antiinfectious protection
- e) it contains a higher concentration of immunoglobulins

84) Indicate characteristics of colostrum proteins:

- a) they are represented especially by albumin and globulin, similar to serum proteins of newborn
- b) colostrum casein represents $\frac{1}{2}$ from colostrum proteic content
- c) essential aminoacids are containing in a greater quantity
- d) majority of proteins are absorbed unchanged in the intestinal tract of newborn
- e) a great lot of colostrum proteins are represented by immunoglobulins

85) Select correct statements about the composition of breast milk:

- a) a) breast milk composition of some mother is according specifically to his proper baby
- b) breast milk varies according to mother's age, period after birth, sucking phase
- c) breast milk composition depends absolutely from mother's alimentation
- d) the protein content is higher in the first days after birth
- e) the lipids content is lower in so-called anterior milk

86) Indicate what hormones stimulate the lactogenesis:

- a) oxytocin, prolactin
- b) insulin
- c) cortisone

- d) thyroidin, parathyroid hormone
- e) progesteron

87) Select correct statements about the types of breast milk:

- a) the milk secreted in the first 4-5 days after birth is named colostrum
- b) the colostrum is the breast milk secreted after 1 month of birth
- c) the transition milk is secreted during 5-14 days after birth
- d) the mature milk may have a different composition, depending on sucking phase
- e) the mature milk is produced from 2 weeks after birth

88) Which nutrition disorders are frequent at pubertal age?

- a) a.calcium deficiency
- b) b.nervous anorexia
- c) c.dystrophia
- d) d.carencial anemia
- e) e.pathologic changes of the bones

89) What is the difference of alimentation between an adolescent and 1-3 years old infant?

- a) the daily volume of food
- b) the food diversity
- c) aesthetic serving of food
- d) the food quantity given to a one meal
- e) the daily need of calories

90) What means the „prudent diet”, recommended for infants of 2 years older?

- a) low cholesterol intake (less than 100 mg/1000 kcal / day)
- b) hypoallergic diet
- c) diet with equilibrated level of carbohydrates (60% of daily calories intake), fat (less than 30% of calories intake)
- d) vegetarian diet
- e) small amount of salt in diet

91) Indicate peculiarities of foods preparation technology, recommended for infants:

- a) it is used only lean meat
- b) the „steaming” mode of cooking (for chops, meatballs) will be preferred
- c) the quality fats will be preferred (vegetable oils, butter, fresh cream)
- d) the mayonnaise will be used for sauces preparing
- e) the piquant spices will be excluded

92) What products are recommended to be excluded from the diet of 1-3 years old infants?

- a) piquant spices
- b) concentrated tea
- c) natural coffee
- d) chocolate
- e) fresh fruit juices

93) What types of food are recommended to be included in the diet of 1-3 years old infants?

- a) vegetable soups
- b) pudding, home cake
- c) salads from fresh vegetables / fruits
- d) salads from boiled vegetables (by „ vinaigrette” type)
- e) roasted meat

94) What principles are recommended to be respected to ensure for an infant a good appetite and good digestion?

- a) the hours established for meal will be respected
- b) the sweets will be not given to infants in the intervals between meals
- c) fresh fruits will given to infants in the intervals between meals
- d) each meal will include essential products (meat, cheese, white cheese, eggs, vegetables and cereals)
- e) after each meal the water will be given obligatory

Alimentation in healthy babies
Simple choice

- | | | |
|-------|-------|-------|
| 1. C | 15. D | 29. D |
| 2. C | 16. E | 30. B |
| 3. D | 17. B | 31. D |
| 4. A | 18. A | 32. C |
| 5. A | 19. E | 33. B |
| 6. A | 20. C | 34. A |
| 7. D | 21. B | 35. E |
| 8. B | 22. E | 36. A |
| 9. B | 23. A | 37. D |
| 10. E | 24. E | 38. C |
| 11. B | 25. C | 39. C |
| 12. C | 26. C | |
| 13. C | 27. C | |
| 14. B | 28. B | |

Multiple choice

1. A, E
2. A, C
3. C, D
4. A, C
5. A, B
6. A, B
7. B, C
8. A, D
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10. B, D, E
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81. A, B, D, E
82. A, B, D, E
83. A, B, D, E
84. A, C, D, E
85. A, B, D, E
86. A, B, C, D
87. A, C, D, E
88. A, B, C, D
89. A, B, D, E
90. A, B, C, D
91. A, B, C, E
92. A, B, C, D
- 93.** A, B, C, D
- 94.** A, B, C, D