

ACTIVITY 151

You can obtain 3 CEUs for reading the article: "A REVIEW OF COMPLEMENTARY FEEDING PRACTICES IN SOUTH AFRICA" and answering the accompanying questions. This article has been accredited for CEUs. Ref number: DT/A01/P00008/2020/00004

1. A South African assessment that attributed 117 lives saved to appropriate complementary feeding, assumed that complementary feeding education and provision of supplementation was:

- a. scaled up from 10% to 20%
- b. scaled up from 5% to 10%
- c. scaled up from 5% to 15%

2. The national surveys included in this review were:

- a. The 2016 SADHS and the 2012 SANHANES
- b. The 2014 SADHS and the 2016 SANHANES
- c. The 2014 SADHS and the 2016 SANHANES

3. The following dietary intake methodology was not used in the sources of this review:

- a. 24-hour-recall
- b. 7-day-recall
- c. 3-day-recall

4. The highest reported incidence of exclusive breastfeeding in a national study was:

- a. 75%
- b. 32%
- c. 16%

5. The most popular type of complementary food was:

- a. Cereal-based foods
- b. Commercial baby food
- c. Cooked vegetables

6. The following food was not identified as a food of concern in infants:

- a. Processed cheese
- b. Processed meats
- c. Sweets

7. The highest reported rate on the initiation of breastfeeding was:

- a. 75%
- b. 83%
- c. 100%

8. In 2011, the following was a landmark action to support infant feeding in South Africa:

- a. Tshwane declaration of support for breastfeeding by the Minister of Health
- b. Regulations relating to Foodstuffs for Infants and Young Children
- c. Maternal, New-born, Child and Women's health and Nutrition strategy

9. Which intervention was singled out in the evaluation report of the 2014 Department of Health, Department of Social Development and Department of Performance Monitoring and Evaluation as not getting priority:

- a. Complementary feeding
- b. Exclusive breastfeeding
- c. Dietary diversity

10. What could have attributed to the increased number of studies on infant and young child feeding in Kwa-Zulu Natal?

- a. The high number of researchers in the province
- b. The roll-out of ARVs
- c. The increased funding for research

11. Which of the following was not a reason for starting infants on solid foods?

- a. Breastmilk was not enough
- b. The father bought formula milk
- c. The infant was crying a lot

12. When it comes to home-made versus commercial food use, which statement best describes what caregivers think:

- a. The majority of caregivers said that special baby foods are better than ordinary foods
- b. Less than 40% of caregivers said that special baby foods are better than ordinary foods
- c. All caregivers said that special baby foods are better than ordinary foods

13. Which of the following statements is TRUE?

- a. Dietary diversity is improving in many older infants and young children
- b. The use of animal source foods appears to be low
- c. The diets of many older infants and young children meet the criteria for a minimally acceptable diet

14. Which of the following statements is FALSE?

- a. Some studies have shown that infants are given sorghum beer
- b. There is little information on meal frequency in infants
- c. Over 20 studies found that water was commonly given to infants

15. One of the actions that needs consideration to improve complementary feeding practices is:

- a. Education of fathers
- b. Targeted food supplementation
- c. Partnerships with other stakeholders

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