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This article has been accredited for CEU's (ref. no. DT/A01/P00008/2021/00006)

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### Activity 159

1. In the context of undernutrition and a growing problem of overnutrition seen in infants and young children in both low- and middle-income countries:
  - a) Nutrition education to parents and caregivers has been shown to improve complementary feeding practices
  - b) Nutrition education to parent and caregivers has not been particularly successful in improving complementary feeding practices
  - c) Nutrition education to parents and caregivers is not regarded as an evidence-based intervention
2. In this study the primary data collection method was:
  - a) Mixed methods
  - b) Focus group discussions
  - c) Interviews
3. For data analysis, codes were developed using the main themes of:
  - a) exposure, barriers and enablers to the understanding and the following of the guidelines
  - b) exposure, barriers, and misalignment of the guidelines to those proposed by WHO
  - c) Exposure, clarity, and perceptions of participants in following the guidelines
4. For the revised, draft PFBDG: "Continue to breastfeed to two years and beyond":
  - a) Most participants did not display a good understanding of the benefits of breastfeeding
  - b) Most participants displayed a good understanding of the misinformation about breastfeeding
  - c) Most participants displayed a good understanding of the benefits of breastfeeding
5. For the revised, draft PFBDG: "Continue to breastfeed to two years and beyond":
  - a) Not all participants agreed that this guideline was easy to follow
  - b) Participants agreed that this guideline was easy to follow
  - c) Not all participants agreed that this guideline was important
6. The revised, draft PFBDG: "Gradually increase the amount of food, number of feeds and variety as your baby gets older":
  - a) The mothers/caregivers did not understand this guideline at all
  - b) The mothers/caregivers understood this guideline very well
  - c) The mothers/caregivers misinterpreted this guideline
7. For the revised, draft PFBDG: "Gradually increase the amount of food, number of feeds and variety as your baby gets older" not everyone felt it was always possible to provide a wide variety of food for the child, mainly because of:
  - a) Unfamiliarity with recipes to cook a variety of food
  - b) Baby's preference
  - c) Financial constraints
8. Participants demonstrated good understanding of the revised, draft PFBDG: "Hands should be washed with soap and clean water before preparing or eating food", but mentioned that:
  - a) it is sometimes difficult to follow this guideline because they struggle with water availability
  - b) It is mostly easy to follow the guideline
  - c) It is sometimes difficult to follow the guideline because of broken taps
9. The revised, draft PFBDG: "Avoid giving tea, coffee and sugary drinks and high sugar, high-fat salty snacks to your baby", was:
  - a) poorly understood, poorly followed, but very familiar
  - b) poorly understood, poorly followed and not familiar to all
  - c) well understood, but poorly followed, although it was familiar
10. In discussing the revised, draft PFBDG: "Avoid giving tea, coffee and sugary drinks and high sugar, high-fat salty snacks to your baby", there was much confusion regarding rooibos tea because:
  - a) Rooibos tea is marketed for children, thus implying that one can give it to children
  - b) Rooibos tea is marketed for children, thus children should consume it regularly
  - c) Rooibos tea is marketed for children, thus the guideline should change
11. In terms of the law in South Africa, the Basic Conditions Employment Act, 75 of 1997 allows for breastfeeding at the workplace. The Act states that:
  - a) for the first six months of a child's life, breastfeeding mothers should get one 30-minute break during each workday for breastfeeding or expressing milk
  - b) for the first six months of a child's life, breastfeeding mothers should get no breaks during each workday for breastfeeding or expressing milk but do it in their tea-time
  - c) for the first six months of a child's life, breastfeeding mothers should get two 30-minute breaks during each workday for breastfeeding or expressing milk
12. In 2016, the World Health Organization released an update on HIV and infant feeding, stating that all mothers should breastfeed for at least 12 months and can continue to breastfeed for two years and beyond, regardless of their HIV status. This updated guideline has been formally adopted by the South African government, but:
  - a) needs to be disregarded since inconsistent messages concerning HIV in communities prevail
  - b) needs support and implementation to curb the inconsistent messages concerning HIV in communities
  - c) needs to be revised
13. The Lancet Series on Breastfeeding 2016 found that there are various components that help to enable a supportive environment for breastfeeding, which include:
  - a) social and cultural components
  - b) social and cultural components, family, community, and healthcare services
  - c) social and cultural components, family, community, healthcare services, the workplace, the mother, the infant, and their relationship
14. Similar messages to the revised PFBDGs were mostly heard:
  - a) at clinics
  - b) in newspapers
  - c) on the television
15. The 2020 Global Nutrition Report confirms that there is a clear link between:
  - a) infant and young child feeding practices and the number of household members
  - b) infant and young child feeding practices and the number of household mealtimes
  - c) infant and young child feeding practices and household wealth