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Activity 164

1. What is the name of the software programme used to assess infant diets in this study?
 - a) Nutrifood
 - b) Optifood
 - c) Complementary-food
2. What method was used to collect data on infant diets?
 - a) quantified food frequency
 - b) 24-hour recall
 - c) food diaries
3. Breastmilk consumption of the infants was estimated to be ... per day.
 - a) 600g
 - b) 626g
 - c) 655g
4. The following food item was not in the list of top 14 food items consumed by the infants:
 - a) chicken
 - b) polony/viennas
 - c) beef mince
5. The vegetable most commonly consumed by infants in this study was:
 - a) carrot
 - b) sweet potato
 - c) butternut
6. For the modelling exercise, the low and high servings of peanut butter per week was ..., respectively.
 - a) 1 and 7.1
 - b) 1 and 7
 - c) 0.1 and 1.1
7. Which two foods were the top sources of zinc in the infant diet?
 - a) breastmilk and chicken
 - b) chicken and infant cereal
 - c) chicken and processed meats
8. Which two foods were the top sources of iron in the infant diet?
 - a) breastmilk and infant cereal
 - b) infant cereal and processed meats
 - c) infant cereal and chicken
9. Which three nutrient requirements are most likely not to be met in the infant diets?
 - a) vitamin A, iron and folic acid
 - b) protein, iron and iodine
 - c) iron, calcium and zinc
10. Which food was the main source of energy, macronutrients, and nine micronutrients?
 - a) breastmilk
 - b) infant cereal
 - c) yogurt
11. Which two micronutrients was breastmilk not the main source for?
 - a) iron and zinc
 - b) iron and vitamin B6
 - c) iron and calcium
12. How much of energy was estimated to be provided daily by breastmilk and complementary foods in the infant diet?
 - a) 1655kJ and 1242kJ respectively
 - b) 1726kJ and 1584kJ respectively
 - c) 1254kJ and 838kJ respectively
13. Which of the following statements is TRUE for the infants in this study?
 - a) Animal source foods were not an important source of nutrients.
 - b) Fortified foods were not an important source of nutrients.
 - c) Animal source foods were an important source of nutrients.
14. Which of the following interventions is not recommended to improve infant nutrient intakes?
 - a) biofortification of foods
 - b) micronutrient sprinkles
 - c) national food fortification
15. This study calls into question the ... to ensure nutrient adequacy in infants.
 - a) continued food based focus
 - b) national food fortification programme
 - c) current micronutrient supplementation programmes