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Activity 173

1. To achieve minimum dietary diversity (MDD), 6- to 24-month-old children should consume:
   a. at least five out of seven food groups.
   b. at least five out of eight food groups.
   c. more than five out of eight food groups.

2. A 24-hour recall was used to collect information on dietary intake. Food intake data recorded in household measures were converted to grams using:
   a. FoodFinder.
   b. Food Composition Tables for South Africa.
   c. Food Quantities Manual for South.

3. Results of the study showed that the most commonly given first solid food was:
   a. soft maize meal porridge.
   b instant maize meal porridge.
   c. commercial infant cereal.

4. The study sample included 155 infants, but dietary data was reported for only 144 infants
   a. dietary data were excluded for 11 infants due to implausible energy intake.
   b. dietary data were excluded for 11 infants because the 24-hr recall was incomplete.
   c. dietary data were not collected for 11 infants because the infant was not in full-time care of the respondent during the full 24-hour recall period.

5. Adequacy of zinc intake was determined by calculating the percentage of infants with intakes below the:
   a. estimated average requirements (EAR).
   b. recommended dietary allowance (RDA).
   c. adequate intake (AI).

6. According to Dietary Reference Intakes (DRIs) for 6–12 month old infants, the:
   a. RDA for calcium is 260 mg.
   b. AI for calcium is 260 mg.
   c. EAR for calcium is 260 mg.

7. For vitamin A, the median intake was above the AI value, indicating that:
   a. dietary intake for vitamin A was adequate.
   b. dietary intake for vitamin A was high.
   c. likelihood of vitamin A being deficient in the diet is low.

8. Dietary intake for the study sample (n = 144) showed that for iron intake:
   a. the mean (95% CI) was 6.0 (2.7; 9.7) mg [CI, confidence interval].
   b. the median (IQR) was 6.0 (2.7; 9.7) mg [IQR, interquartile range / 25th; 75th percentiles].
   c. the median (range) was 6.0 (2.7; 9.7) mg [range / minimum; maximum].

9. For infants who consumed animal source foods (ASFs) during the recall period, ASFs contributed:
   a. 10.0% of energy, 33.4% of protein, 42.8% of vitamin B12.
   b. 10.0% of energy, 33.4% of cholesterol, 42.8% of iron.
   c. 10.0% of energy, 33.4% of iron, 42.8% of vitamin B12.

10. Compared with non-consumers, infants who consumed animal source foods (ASFs) during the recall period had significantly higher intakes for:
    a. energy, protein, saturated fat, cholesterol, iron, vitamin B12.
    b. energy, protein, fat, riboflavin, iron, vitamin B12.
    c. energy, protein, fat, riboflavin, niacin, vitamin B12.

11. In South Africa, legislation stipulates that maize meal and wheat flour must be fortified with:
    a. eight micronutrients including, among other, iron and zinc.
    b. protein and eight micronutrients including, among other, iron and zinc
    c. six micronutrients including, among other, iron and zinc.

12. During the 24-hr recall period, nearly all infants were given foods from the 'grains, roots, and tubers' group, which included fortified maize meal/wheat flour and infant cereals. This food group provided 75% of total iron intake. The authors argued that:
    a. Infants' iron requirements can be met as long as fortified maize meal and fortified infant cereal are consumed.
    b. Infants should be given fortified maize meal and fortified infant cereal daily to ensure adequate iron intake.
    c. It is difficult to meet infants' iron requirements.

13. Fruits and vegetables:
    a. have not yet been introduced in the complementary diet for 42.4% (n = 61) at the time of the survey.
    b. were consumed by 42.4% (n = 61) of the infants during the recall period.
    c. have been introduced in the complementary diet for 42.4% (n = 61) at the time of the survey.

14. The revised South African Paediatric Food-Based Dietary Guidelines recommend that from age 6–12 months children should be given:
    a. dark-green leafy vegetables and orange-fleshed vegetables and fruits every day.
    b. vegetables and fruit every day.
    c. green and yellow vegetables every day.

15. Iron deficiency in infants is associated with:
    a. infections, poor cognitive outcomes, growth faltering.
    b. infections and growth faltering, but not cognitive outcomes.
    c. infections and poor cognitive outcomes, but not growth faltering.