

You can obtain 3 CEU's for reading the article "INFANT AND YOUNG CHILD FEEDING PRACTICES OF CAREGIVERS IN COPESVILLE, PIETERMARITZBURG, KWAZULU-NATAL" and answering ALL the accompanying questions with a pass mark of 70% or more.

This article has been accredited for CEU's (ref. no. DT/A01/P00004/2025/00001)

### HOW TO EARN YOUR CEUs

- 1) Register at <https://www.mpconsulting.co.za/medical-cpd>.
- 2) Log in.
- 3) Click on "Online Content" (or the Menu button in the top-left of the screen if you have completed activities).
- 4) Select "Journals".
- 5) At "Filter by Category", choose "South African Journal of Clinical Nutrition".
- 6) Select relevant issue, and click on "Read More".
- 7) Click "Access" on the right of the screen
- 8) Choose the CPD assessment activity you want to do.
- 9) Read the CPD article by clicking on the article title, or by visiting <https://www.tandfonline.com/toc/ojcn20/> current to access the relevant CPD article.
- 10) Click on the CPD assessment
- 11) Answer ALL the questions in the CPD questionnaire.
- 12) Click "Submit" to obtain your results.

Only online questionnaires will be accepted.

1. Malnutrition encompasses the following:
  - a. Undernutrition (wasting, stunting, underweight), macronutrient deficiencies, overweight, obesity and non-communicable diseases
  - b. Undernutrition (wasting, stunting, underweight), micronutrient deficiencies, overweight, obesity and non-communicable diseases
  - c. Undernutrition (wasting, stunting, underweight), micronutrient deficiencies, overweight, obesity and communicable diseases
2. In South Africa, \_\_\_ are most affected by malnutrition, compared with other age groups.
  - a. children over five years old
  - b. children under two years old
  - c. children under five years old
3. Although national studies in South Africa revealed an improvement in exclusive breastfeeding from 1998 to 2016, \_\_\_ continues to be a challenge in South Africa.
  - a. duration of breastfeeding
  - b. rate of exclusive breastfeeding
  - c. acceptance of breastfeeding
4. Formula feeding has increased due to:
  - a. A lack of time for breastfeeding, maternal exhaustion or isolation, lack of familial support and lack of cultural acceptance
  - b. Globalisation, increasing availability of formula milk in the supermarket, and promotion of formula milk through advertising by different media
  - c. Fear of transmitting the human immunodeficiency virus (HIV) to infants
5. Herbal intoxication can lead to:
  - a. Kidney and liver damage and increased mortality in children
  - b. Colic-like symptoms in children
  - c. Cramps and flatulence in children
6. The main reasons for the early introduction of solids (before six months) were:
  - a. Clinic advice and infant crying
  - b. Infant not getting full and family advice
  - c. Infant crying and infant not getting full
7. The most common first solid fed to infants was \_\_\_\_\_.
  - a. infant cereal
  - b. maize meal porridge
  - c. fruit and vegetables
8. The most common 'other' item given by caregivers to cleanse the stomachs of infants and young children was:
  - a. Phipp's Milk of Magnesia
  - b. Gripe water
  - c. Amazoyi
9. The benefits of continued breastfeeding for mothers include:
  - a. Reduced risk of breast and ovarian cancer and type 2 diabetes
  - b. Increased gap between pregnancies
  - c. Both a and b
10. Simply discouraging formula feeding and encouraging breastfeeding has failed to convince most mothers because:
  - a. Formula milk is similar to breastmilk
  - b. Formula feeding is marketed as a convenient feeding method for modern women
  - c. Formula feeding is a lifestyle choice for mothers
11. Complementary feeding should be initiated at six months because:
  - a. It optimises nutrition and development of children
  - b. It optimises survival and growth of children
  - c. Both a and b
12. Feeding gripe water to an infant before six months of age is potentially harmful because:
  - a. It may delay the establishment of breastfeeding and reduce breast milk supply, which may lead to cessation of breastfeeding or early introduction of solids
  - b. It has an unacceptably high alcohol content
  - c. It is a non-edible item
13. The feeding of *ushibhoshi* to infants and young children is a concern because:
  - a. It is not meant for oral consumption
  - b. It is a disinfectant solution used to kill bacteria
  - c. Both a and b
14. Identify the correct statement on cultural practices:
  - a. Cultural practices are known to influence infant and young child feeding and may be harmful to health
  - b. Cultural practices have not been in place for a long time and can be easily stopped
  - c. Cultural practices have no influence on IYC feeding and the health of IYC
15. The study findings indicate that caregivers need to be educated on:
  - a. The potential dangers associated with feeding non-edible items to infants and young children
  - b. The benefits of continued breastfeeding until the age of two years or beyond
  - c. Both a and b