



Participant Name: _____

Educator: _____

County: _____

Date Survey Completed: _____

Eating Smart • Being Active
Maternal and Infant Nutrition Lessons Questionnaire

This is not a test and there are no wrong answers. These are questions about ways that you plan and fix food.

1. Doctors recommend feeding babies breast milk until they are at least 1 year old.
 - True
 - False
 - I don't know
2. I should follow the instructions when making formula for my baby.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - I don't know
3. Babies should start eating solid foods when they are about 6 months old. Solid foods are any foods except breast milk or formula.
 - True
 - False
 - I don't know
4. A baby knows best when he/she is hungry or full.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - I don't know
5. I will look for signs or cues that tell me my baby is ready to start solid foods.
 - I might do this
 - I will do this
 - I won't do this
 - I already did this
 - I didn't do this
6. A baby should not be given infant cereal in the bottle.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - I don't know
7. Babies less than 1 year old do not need juice to be healthy.
 - Strongly agree
 - Agree
 - Disagree
 - Strongly disagree
 - I don't know

For Educator's use only:

Educator Name: _____

Participant Exit Date: _____

Participant ID (provided by state office): _____

Comments: _____

Group Name: _____

Supplemental lesson(s) this participant received today:

Pregnancy

Feeding Your New Baby

Solid Foods

Placeholder for University logos



United States National Institute
Department of of Food and
Agriculture Agriculture

These materials are aligned with the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture (NIFA). | Estos materiales están alineados con el Programa Ampliado de Educación Alimentaria y Nutricional (EFNEP) del Instituto Nacional de Alimentación y Agricultura (NIFA) del USDA.