

# ***Task III: Nutrition and Health in WIC***



- Basic Nutrition Concepts
- Appropriate Referrals
- Prenatal, Postpartum, Infant, and Early Childhood Health and Nutrition including, Anthropometric, Biological, Clinical, and Dietary Components
- Breastfeeding

## List of Competency Evaluations for *Task III: Nutrition and Health in WIC*

Candidate's Name: \_\_\_\_\_

<u>Competency</u>	<u>Participant Category</u>	<u>Page</u>	Reviewer's Initials	Date Review Completed
<b><u>Task III: Nutrition and Health In WIC</u></b>				
<b>Candidate Assessment:</b>	☼ All Categories .....	1	_____	_____
	▶ Pregnant Women.....	10	_____	_____
	♥ Postpartum Women .....	21	_____	_____
	☺ Infants .....	29	_____	_____
<b>Interview:</b>	☼ All Categories .....	43	_____	_____
	▶ Pregnant Women.....	44	_____	_____
	☞ Children.....	45	_____	_____
<b>Observation:</b>	☼ All Categories .....	46	_____	_____
<b>File Audit:</b>	☼ All Categories .....	50	_____	_____
<b><u>Task III: Health Referrals and the Participant</u></b>				
<b>Candidate Assessment:</b>	☼ All Categories .....	52	_____	_____
<b>Interview:</b>	☼ All Categories .....	54	_____	_____
<b>Observation:</b>	☼ All Categories .....	55	_____	_____
<b>File Audit:</b>	☼ All Categories .....	56	_____	_____

Name & Title of Reviewer(s): *(please print)*

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 *(Email (as scanned document) or mail this completed page to the State WIC Program)*

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes
<p>1. What is the difference between hemoglobin and hematocrit?</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>2a. List three signs of iron-deficiency anemia:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>2b. What WIC Dietary Guidelines would you share with a participant with iron deficiency anemia?</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>3a. What are some nutrition problems with many fast food meals?</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes
3b. Fast food restaurants may have healthier options, name three:  _____  _____  _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
4a. Name two benefits of fiber in the body.  _____  _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
4b. Identify two types of foods high in fiber.  _____  _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
5. List three sources of caffeine.  _____  _____  _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes	
<p>6a. Lactose intolerance is the inability to digest milk sugar. Identify two common symptoms of lactose intolerance:</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>6b. What two foods would you recommend avoiding?</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>6c. What two foods would you recommend a participant to eat instead?</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>6d. Can WIC participants receive soy products?</p> <p style="text-align: center;"><input type="checkbox"/> Yes   <input type="checkbox"/> No</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes	
<p>7. Check (✓) the foods always needing refrigeration:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Eggs</li> <li><input type="checkbox"/> Unopened mayonnaise</li> <li><input type="checkbox"/> Potatoes</li> <li><input type="checkbox"/> Milk</li> <li><input type="checkbox"/> Open or mixed formula</li> <li><input type="checkbox"/> Breastmilk</li> <li><input type="checkbox"/> Ketchup</li> <li><input type="checkbox"/> Peanut butter</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>8. Check (✓) the foods always needing to be thoroughly cooked before eating:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pork</li> <li><input type="checkbox"/> Eggs</li> <li><input type="checkbox"/> Fish</li> <li><input type="checkbox"/> Beef</li> <li><input type="checkbox"/> Chicken</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>9. You should allow cooked foods to cool completely on the counter before you put them in the refrigerator.</p> <p style="text-align: center;"><i>(Check ✓ correct answer)      ___ True    ___ False</i></p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>10. Which of the following foods should be washed before they are sliced, cooked or eaten:</p> <p style="text-align: center;">lettuce      berries      apples      cantaloupe</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes	
<p>11. When should you wash your hands? Check (✓) the correct answers below:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> After you use the bathroom or change a diaper</li> <li><input type="checkbox"/> Before you begin to cook</li> <li><input type="checkbox"/> After you drink milk</li> <li><input type="checkbox"/> After you touch raw meat, chicken or eggs</li> <li><input type="checkbox"/> After you touch raw fruit</li> <li><input type="checkbox"/> After you touch a pet</li> <li><input type="checkbox"/> After sneezing or coughing</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>12a. According to the current WIC handout on mercury and fish, what types of fish may contain high levels of mercury?</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>12b. According to the current WIC handout on mercury and fish, what are the safe number of servings per week for:</p> <ul style="list-style-type: none"> <li>• Pregnant or breastfeeding women?</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<ul style="list-style-type: none"> <li>• Children under 5 years old?</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes
<p>13a. List three dietary changes used for reducing the amount of saturated fat intake.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>13b. Name two good sources of monounsaturated fats.</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>14. Which of the following foods could be contaminated with harmful microorganisms and should not be fed to young children/infants or pregnant women? <i>(Check correct answers)</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Deli meats or hot dogs (if not heated until steaming hot)</li> <li><input type="checkbox"/> Unpasteurized dairy products (i.e. some Mexican-style soft cheeses)</li> <li><input type="checkbox"/> Yogurt</li> <li><input type="checkbox"/> Cereal</li> <li><input type="checkbox"/> Undercooked tofu</li> </ul>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes
<p>15a. What are three common non-foods craved by pregnant women?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>15b. What are three common non-foods young children might eat?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>15c. Identify a possible health problem resulting from eating these non-foods?</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories					Outcome/Notes	
16. Complete the following table about activity.						
Category	Benefits of being active	Recommended amount of activity (min/day)	Examples of activity	Recommended screen time (watching TV, using PCs or playing video games)	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
Healthy non-pregnant women					<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
Children					<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes
<p>17. Click on the WIC Website Protocols link below.</p> <p style="margin-left: 20px;"><a href="#">Protocols</a></p> <p>Choose a nutrition risk from both the Infants/Children list and the Women's list and identify:</p> <ol style="list-style-type: none"> <li>a. Two from the Possible Assessment Information list,</li> <li>b. Two from the Topics for Discussion list, and</li> <li>c. The criteria used to refer the participant to the nutritionist.</li> </ol>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p><b>Nutrition Risk 1:</b></p> <p><b>Possible Assessment Info:</b></p> <p><b>Topics for Discussion:</b></p> <p><b>Nutritionist Criteria:</b></p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p><b>Nutrition Risk 2:</b></p> <p><b>Possible Assessment Info:</b></p> <p><b>Topics for Discussion:</b></p> <p><b>Nutritionist Criteria:</b></p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<b>CANDIDATE ASSESSMENT: All Categories COMPLETED</b>	<b>Date:</b>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes
<p>1. There are three case studies below.</p> <p>Use WIC MIS <u>or</u> weight gain grid on WIC Website <a href="#">Prenatal Weight Gain</a> to:</p> <ul style="list-style-type: none"> <li>• Determine the number of weeks each woman has been pregnant.</li> <li>• Determine if each woman’s weight is adequate, excessive or inadequate.</li> </ul>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>a. Polly Pregger’s baby is due seven months from today:</p> <ul style="list-style-type: none"> <li>• Height 5' 2"</li> <li>• Pregravid weight is 104 pounds</li> <li>• Weight today is 117 pounds</li> </ul> <p>Number of weeks pregnant: _____</p> <p>Weight (<i>circle one</i>):      normal    above normal    below normal</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>b. Greta Gravida had her last menstrual period two months ago</p> <ul style="list-style-type: none"> <li>• Height 5' 8"</li> <li>• Pregravid weight 150 pounds</li> <li>• Weight today is 152 pounds</li> </ul> <p>Number of weeks pregnant: _____</p> <p>Weight (<i>circle one</i>):      normal    above normal    below normal</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>



## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes	
<b>Biochemical</b>		
4. Why is iron deficiency anemia common during pregnancy?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<b>Clinical</b>		
5. List two risks associated with smoking during pregnancy.  _____	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
6. WIC recommends women have absolutely no alcohol intake during pregnancy.  (Check ✓ correct answer) <input type="checkbox"/> True <input type="checkbox"/> False	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
7a. List two risks associated with drinking alcohol during pregnancy.  _____	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
7b. List three possible effects from substance abuse during pregnancy.  _____ _____ _____	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes
<p>8. List four ways to relieve nausea and vomiting during pregnancy.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>9. Diabetes is:</p> <p><input type="checkbox"/> When the body cannot use sugar efficiently so the amount in the blood increases.</p> <p><input type="checkbox"/> Only seen in overweight people.</p> <p><input type="checkbox"/> Can be treated by diet, oral medication, or injected insulin.</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>10. The difference between regular diabetes and Gestational Diabetes (GDM) is GDM usually ends after delivery.</p> <p><i>(Check ✓ correct answer)</i>      <input type="checkbox"/> True      <input type="checkbox"/> False</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes						
<p>11. Match the following type of swelling occurring during pregnancy with the possible condition:</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr style="background-color: #e0e0e0;"> <th style="width: 30%; padding: 5px;">Type of Swelling</th> <th style="width: 40%; padding: 5px;">Condition</th> </tr> </thead> <tbody> <tr> <td style="padding: 5px; vertical-align: top;">                     Swelling of the hands and face                            _____                 </td> <td style="padding: 5px; vertical-align: top;">                     A. Maybe normal - possible lack of fluids.                 </td> </tr> <tr> <td style="padding: 5px; vertical-align: top;">                     Swelling of the legs and feet                            _____                 </td> <td style="padding: 5px; vertical-align: top;">                     B. Possible pregnancy induced hypertension.                 </td> </tr> </tbody> </table>	Type of Swelling	Condition	Swelling of the hands and face _____	A. Maybe normal - possible lack of fluids.	Swelling of the legs and feet _____	B. Possible pregnancy induced hypertension.	<div style="display: flex; justify-content: space-between; margin-top: 20px;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div> <div style="display: flex; justify-content: space-between; margin-top: 20px;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
Type of Swelling	Condition						
Swelling of the hands and face _____	A. Maybe normal - possible lack of fluids.						
Swelling of the legs and feet _____	B. Possible pregnancy induced hypertension.						
<b>Dietary</b>							
<p>12. Using the pamphlet <i>Give your Baby a Healthy Start</i>, list the number of choices a pregnant woman needs each day from each of the following food groups.</p> <div style="margin-top: 20px;"> <p style="text-align: center;">Fruits _____</p> <p style="text-align: center;">Vegetables _____</p> <p style="text-align: center;">Breads, grains &amp; cereals _____</p> <p style="text-align: center;">Milk products _____</p> <p style="text-align: center;">Protein foods _____</p> <p style="text-align: center;">Fats, oils and extras _____</p> </div>	<div style="display: flex; justify-content: space-between; margin-top: 20px;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>						

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes
<p>13a. _____ is the most difficult nutrient for a pregnant woman to get from her diet alone. Usually, a pregnant woman must take supplements of this nutrient during her pregnancy.</p>	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
<p>13b. What are three important nutritional needs for a pregnant woman?</p>	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
<p>14a. What nutrient deficiency can increase the risk of birth defects?</p>	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
<p>14b. Name two recommended ways for women to meet their needs of this nutrient.</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes
<p>15. List three ways a pregnant woman may prevent or relieve heartburn.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>16. Which beverages are healthier choices for pregnant women? <i>(Check ✓ all the applicable)</i></p> <p><input type="checkbox"/> Water <span style="margin-left: 100px;"><input type="checkbox"/> Fruit juice <i>(in appropriate amounts)</i></span></p> <p><input type="checkbox"/> Soda <span style="margin-left: 100px;"><input type="checkbox"/> Coffee/lattes</span></p> <p><input type="checkbox"/> Lemonade <span style="margin-left: 100px;"><input type="checkbox"/> Gatorade/Sports drinks</span></p> <p><input type="checkbox"/> Ice Tea <span style="margin-left: 100px;"><input type="checkbox"/> Whole milk</span></p> <p><input type="checkbox"/> Vegetable juice <span style="margin-left: 100px;"><input type="checkbox"/> Lowfat milk, nonfat milk</span></p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes
<b>WIC Nutrition - Encouraging and Supporting Breastfeeding</b>	
<p>17. List five benefits of breastfeeding to the mother and five benefits to the baby.</p> <p>a. Benefits to the mother:</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>b. Benefits to the baby:</p> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes
<p>18a. List two <b>barriers</b> discouraging women from breastfeeding. Then write a counseling <b>plan</b> to deal with these barriers.</p> <p>Barrier: _____ _____</p> <p>Plan: _____ _____</p> <p>Barrier: _____ _____</p> <p>Plan: _____ _____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes
<p>18b. List two <b>myths</b> people have about breastfeeding. Then write a counseling <b>plan</b> to deal with these myths.</p> <p>Myth: _____ _____</p> <p>Plan: _____ _____</p> <p>Myth: _____ _____</p> <p>Plan: _____ _____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Pregnant Women	Outcome/Notes
<p>19. Case study:</p> <p>Anita is a 23-year-old pregnant woman</p> <ul style="list-style-type: none"> <li>• She lives with her husband and son</li> <li>• This is her second pregnancy</li> <li>• She is 4 feet, 10 inches tall</li> <li>• Her pregravid weight was 152 pounds</li> <li>• Her current weight at 15 weeks is 156 pounds</li> <li>• Her past pregnancy ended eleven months ago, during which she had GDM</li> <li>• Her Hgb is 12.2 g/dl</li> <li>• She does not smoke or drink alcohol</li> <li>• She likes to eat raw sushi</li> </ul>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>a. What is Anita's weight gain? Is her weight gain OK?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>b. What is Anita's anthropometric indicator of nutritional need, if any?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>c. What is Anita's biochemical indicator of nutritional need, if any?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>d. What is Anita's clinical indicator of nutritional need, if any?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>e. What dietary risk code would you identify?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>f. What Healthy Habits for Life messages might you offer to Anita?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p><b>CANDIDATE ASSESSMENT: Pregnant Women COMPLETED</b></p>	<p><b>Date:</b></p>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Postpartum Women <i>(Breastfeeding and Non-breastfeeding)</i>	Outcome/Notes
<b>Anthropometric</b>	
1. Using WIC MIS or the chart for estimating BMI, circle whether each woman is underweight, overweight or normal weight. Record her BMI.  <i>(Circle one for each woman)</i>	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
a. Elaine is 63 inches, 100 pounds  Underweight    overweight    normal    BMI _____ or _____	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
b. Felicia is 68 inches, 160 pounds  Underweight    overweight    normal    BMI _____ or _____	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
c. Graciela is 56 inches, 135 pounds  Underweight    overweight    normal    BMI _____ or _____	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
<b>Biochemical</b>	
2. List the hemoglobin and hematocrit values which can qualify a postpartum woman for low hemoglobin or hematocrit.  Hgb _____ gm/dl    Hct _____ %	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Postpartum Women <i>(Breastfeeding and Non-breastfeeding)</i>	Outcome/Notes
3. List three ways to improve a person's iron status: <hr/> <hr/> <hr/>	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
<b>Clinical</b>	
4. List some differences of "baby blues" and postpartum depression?	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
5. If a woman tells you she has postpartum depression, what would you share with her?	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
6. What are some benefits of spacing pregnancies?	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>

## Task III: Nutrition and Health in WIC

<b>CANDIDATE ASSESSMENT: Postpartum Women</b> <i>(Breastfeeding and Non-breastfeeding)</i>	<b>Outcome/Notes</b>
<b>Dietary Assessment</b>	
<p>7. Using the postpartum handout list the number of choices for each food group recommended for breastfeeding women:</p> <p style="text-align: center;">Fruits _____</p> <p style="text-align: center;">Vegetables _____</p> <p style="text-align: center;">Breads, grains &amp; cereals _____</p> <p style="text-align: center;">Milk products _____</p> <p style="text-align: center;">Protein foods _____</p> <p style="text-align: center;">Fats, oils and extras _____</p>	<p style="text-align: center;"> <input type="checkbox"/> Incomplete                 <span style="float: right;"><input type="checkbox"/> Complete</span> </p>
<b>Postpartum Women</b>	
<p>8. List two reasons why it is important for a postpartum woman to follow a healthy diet:</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;"> <input type="checkbox"/> Incomplete                 <span style="float: right;"><input type="checkbox"/> Complete</span> </p>
<p>9. List two <u>healthy</u> ways to lose weight.</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;"> <input type="checkbox"/> Incomplete                 <span style="float: right;"><input type="checkbox"/> Complete</span> </p>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Postpartum Women <i>(Breastfeeding and Non-breastfeeding)</i>	Outcome/Notes
10. List two <u>unhealthy</u> ways to lose weight.  _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
<b>Encouraging and Supporting Breastfeeding</b>	
11. List three important things to discuss with a breastfeeding woman.  _____ _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
12a. Describe three signs of correct latch on by baby.  _____ _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
12b. List two signs showing a newborn is being breastfed properly.  _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Postpartum Women (Breastfeeding and Non-breastfeeding)	Outcome/Notes
13. How is colostrum different from mature breastmilk?	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
14. What is the best advice you can give to a breastfeeding mother to help her produce enough milk for her baby?	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
15. Healthy, full-term infants are born with enough iron to meet their needs until the age of ____ - ____ months.	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
16. List two breastfeeding positions best used after a C-section.  _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
17. Give two reasons why a breastfeeding woman should not supplement with artificial baby milk, especially in the early stages of breastfeeding.  _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Postpartum Women <i>(Breastfeeding and Non-breastfeeding)</i>	Outcome/Notes
18. What are some suggestions for dealing with each of the following breastfeeding problems?  a. Sore Nipples  _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
b. Engorgement  _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
c. Not enough breastmilk  _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
d. Poor latch on  _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
e. Infrequent breastfeeding <i>(when sole nutrition)</i>  _____ _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Postpartum Women (Breastfeeding and Non-breastfeeding)	Outcome/Notes
<p>19a. Breastmilk can be safely stored in the refrigerator:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> For up to five days.</li> <li><input type="checkbox"/> For up to one week.</li> <li><input type="checkbox"/> For up to five months.</li> <li><input type="checkbox"/> Never; breastmilk cannot be stored in the refrigerator.</li> </ul>	<p style="text-align: center;"><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>19b. Breastmilk can be safely stored in the freezer:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> For up to three weeks.</li> <li><input type="checkbox"/> For up to three months.</li> <li><input type="checkbox"/> For up to one year.</li> <li><input type="checkbox"/> Never; breastmilk cannot be stored in the refrigerator.</li> </ul>	<p style="text-align: center;"><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>20. What support can you give to a breastfeeding woman who plans to return to work or school?</p>	<p style="text-align: center;"><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

## Task III: Nutrition and Health in WIC

<b>CANDIDATE ASSESSMENT: Postpartum Women</b> <i>(Breastfeeding and Non-breastfeeding)</i>	<b>Outcome/Notes</b>
<b>Levels of Nutritional Need</b>	
21. Case study:  Maria is a postpartum woman. <ul style="list-style-type: none"> <li>Her weight is normal</li> <li>Her hematocrit is 31%</li> <li>Her nutrition questionnaire reveals she has not been taking her prenatal vitamins.</li> </ul>	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
a. What is her anthropometric risk?	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
b. What is her biochemical risk?	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
c. What is her clinical risk?	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
d. What is her dietary risk?	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
e. What might you discuss with Maria?	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
<b>CANDIDATE ASSESSMENT: Postpartum Women</b> <b>COMPLETED</b>	<b>Date:</b>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Infants	Outcome/Notes																																																	
<b>Anthropometric Indicators of Nutritional Need</b>																																																		
<p>1. Are the following infants very low birth weight (VLBW), low birth weight (LBW), normal birth weight (Normal), or high birth weight (HBW)?</p> <p><i>Check (✓) correct answers</i></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #cccccc;"> <th style="width: 20%;"></th> <th style="width: 15%;"></th> <th style="width: 10%;"></th> </tr> <tr style="background-color: #cccccc;"> <th></th> <th>VLBW</th> <th>LBW</th> <th>NBW</th> <th>HBW</th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td>a. Andrew</td> <td>7 lbs - 4 oz</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td></td> </tr> <tr> <td>b. Bob</td> <td>9 lbs - 2 oz</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td></td> </tr> <tr> <td>c. Cameron</td> <td>6 lbs - 12 oz</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td></td> </tr> <tr> <td>d. Delia</td> <td>5 lbs - 1 oz</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td></td> </tr> <tr> <td>e. Eduardo</td> <td>3 lbs - 3 oz</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> <td></td> </tr> </tbody> </table>									VLBW	LBW	NBW	HBW			a. Andrew	7 lbs - 4 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		b. Bob	9 lbs - 2 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		c. Cameron	6 lbs - 12 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		d. Delia	5 lbs - 1 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		e. Eduardo	3 lbs - 3 oz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
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<p>2. List three factors other than diet which affect growth:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>																																																	
<b>Clinical Indicators of Nutritional Need</b>																																																		
<p>3. To help prevent SIDS (Sudden Infant Death Syndrome), what is the recommended position a baby should be put down for sleep?</p>	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>																																																	
<p>4. List two reasons why it is not recommended to put cereal in a baby's bottle.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>																																																	

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Infants	Outcome/Notes	
5. List three suggestions you can give to a parent of a four-month-old constipated infant. _____ _____ _____	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
6a. At what age does WIC recommend to teach a baby to use a cup?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
6b. At what age does WIC recommend weaning from the bottle?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
6c. What are at least two possible health problems which result from bottle feeding too long?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
6d. What are three strategies parents can use to wean infants from the bottle?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
7a. What is Baby Bottle Tooth Decay (BBTD)?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
7b. List three ways to prevent it. _____ _____ _____	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Infants	Outcome/Notes	
<b>Infant Dietary Assessment</b>		
8. What are some signals an infant is hungry?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
9. How can you tell when an infant is full and has had enough to eat?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
10. Infants cry for other reasons than hunger. It is their way of communicating with us. What are some other reasons infants cry?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
11. Below are facts about newborn and older baby's sleep habits. Place an "N" next to the statements associated with newborn's sleep habits and an "O" next to the statements associated with older baby's sleep habits.  ___ Falls asleep easier and wake up easier ___ Sleeps more at night and less during the day ___ Falls into a deep sleep quickly and more difficult to wake ___ Wakes up 3-4 times during the night ___ Wakes up 1-2 times during the night	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Infants	Outcome/Notes																
<p>12. Match the type of poop with what it indicates.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #e0e0e0;"> <th style="width: 25%;">TYPE OF POOP</th> <th style="width: 75%;">INDICATION</th> </tr> </thead> <tbody> <tr> <td>a) Black &amp; Sticky</td> <td>➤ Normal for a formula fed infant. _____</td> </tr> <tr> <td>b) Firm</td> <td>➤ Normal for a breastfed infant in the 1<sup>st</sup> week. _____</td> </tr> <tr> <td>c) Soft</td> <td>_____</td> </tr> <tr> <td>d) Yellowish &amp; Seedy</td> <td>➤ Normal for the first bowel movement (meconium). _____</td> </tr> <tr> <td>e) Brownish to Greenish</td> <td>➤ Normal for a breastfed infant after the first week or so. _____</td> </tr> <tr> <td>f) Watery</td> <td>_____</td> </tr> <tr> <td>g) Hard &amp; Pebbly</td> <td>➤ Constipation _____ ➤ Diarrhea _____</td> </tr> </tbody> </table>	TYPE OF POOP	INDICATION	a) Black & Sticky	➤ Normal for a formula fed infant. _____	b) Firm	➤ Normal for a breastfed infant in the 1 <sup>st</sup> week. _____	c) Soft	_____	d) Yellowish & Seedy	➤ Normal for the first bowel movement (meconium). _____	e) Brownish to Greenish	➤ Normal for a breastfed infant after the first week or so. _____	f) Watery	_____	g) Hard & Pebbly	➤ Constipation _____ ➤ Diarrhea _____	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
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<p>13a. Around what age does WIC recommend introducing solid foods?</p>	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>																
<p>13b. What foods are recommended as first foods?</p>	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>																
<p>13c. As a baby gets older they progress in food textures they can safely eat. What order of textures does WIC recommend?</p> <ol style="list-style-type: none"> <li>1. Chopped</li> <li>2. Mashed</li> <li>3. Little pieces of food</li> <li>4. Smooth</li> </ol>	<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>																

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Infants	Outcome/Notes	
<p>14a. What are three common food allergies of infants or children?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>14b. Circle the typical signs of a food allergy:</p> <ul style="list-style-type: none"> <li>• Coughing                      • Wheezing                      • Refusal of food</li> <li>• Vomiting                        • Congestion                    • Throwing a fit</li> <li>• Diarrhea                        • Hives                            • Spitting out</li> <li>• Crying                            • Rash</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>15. List the age or age range recommended to begin feeding an infant the following foods.</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>a. Juice (age range)</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>b. Whole cow's milk (age range)</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<p>c. Egg whites (age range)</p>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Infants	Outcome/Notes
<b>Infant Nutrition (general)</b>	
<p>16. Which of the following types of milk are not good for infants during their first year of life? <i>(Check ✓ correct answers)</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Breastmilk</li> <li><input type="checkbox"/> Fresh whole cow's milk</li> <li><input type="checkbox"/> Goat's milk</li> <li><input type="checkbox"/> Sweetened condensed canned milk</li> <li><input type="checkbox"/> Iron-fortified cow's milk-based formula</li> <li><input type="checkbox"/> Iron-fortified soy milk-based formula</li> </ul>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>17. What are three possible problems of propping a bottle to feed an infant?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>18. Here are some things parents may give their infants to drink. For the following, state at least one concern WIC may have about this liquid.</p> <ul style="list-style-type: none"> <li>a. Honey _____</li> <li>b. Karo Syrup, rice water/agua de arroz _____</li> <li>c. Pedialyte _____</li> <li>d. Hi-C punch, Jell-o water _____</li> <li>e. Manzanilla/chamomile _____</li> </ul>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Infants	Outcome/Notes	
19. Babies who are given fresh cow's milk at a young age may develop:  _____	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
20. Explain how to prepare powdered formula:	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
21. Why is it important to prepare powdered formula properly?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
22. After a feeding, what should you do with a bottle of leftover breastmilk or infant formula?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
23. Babies who are fussy and demand to be fed more frequently may be going through a _____.	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Infants	Outcome/Notes
<p>24. List at least three signs which show a baby is ready to begin to eat solids.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>25. List three sources of high iron foods to feed to infants who are six to eight months old.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>26. List three foods which can cause an infant to choke.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p><b>CANDIDATE ASSESSMENT: Infants</b> <span style="float: right;"><b>Date:</b></span></p> <p><b>COMPLETED</b></p>	

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Children	Outcome/Notes	
<b>Anthropometric</b>		
1. Determine the weight/age, length/age, and weight/length or BMI per age if 2 years or older of the following children. Use weight grids or WIC MIS, according to the protocols of the agency:	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
a. Peter <ul style="list-style-type: none"> <li>• 18 months old</li> <li>• weight = 29 pounds</li> <li>• length = 34 inches measured lying down</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
b. Sam <ul style="list-style-type: none"> <li>• Four years old</li> <li>• weight = 34 pounds</li> <li>• length = 41 inches</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
c. Judy <ul style="list-style-type: none"> <li>• Three years and nine months old</li> <li>• weight = 30 pounds</li> <li>• length = 36 inches</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
d. Sarah <ul style="list-style-type: none"> <li>• Two years and seven months old</li> <li>• weight = 29 pounds</li> <li>• length = 36 inches</li> </ul>	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

<b>CANDIDATE ASSESSMENT: Children</b>						<b>Outcome/Notes</b>
2. Show the exact percentile (if your plot falls exactly on a percentile curve) or show a range of percentile curves (if your plot falls between two percentile curves) for each of the children's measurements from question 1.						<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
<i>Percentiles:</i>	Wt/Age	Length/Age	Wt/Length	BMI	BMI/Age	
a. Peter						
b. Sam						
c. Judy						
d. Sarah						
3. List two changes, related to growth and appetite occurring at about 12 months of age.  _____  _____						<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
<b>Biochemical</b>						
4. Why should iron supplements be kept out of the reach of children?						<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>

### Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Children	Outcome/Notes
<p>5. List three factors putting a child at risk for developing anemia.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>6. List three things parents can do to prevent childhood anemia.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>7. Check (✓) all the common sources of lead from the list below:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Latex paint</li> <li><input type="checkbox"/> Home remedies such as Azarcon, Greta or Pay-loo-ah</li> <li><input type="checkbox"/> Plastic pipes</li> <li><input type="checkbox"/> Unglazed pottery</li> <li><input type="checkbox"/> Paint in old houses</li> <li><input type="checkbox"/> Some Mexican candies</li> </ul>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Children	Outcome/Notes	
8a. What is one benefit of fluoride?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
8b. What is one problem with too much fluoride?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
9. In the feeding relationship, both the parent and the infant/child have responsibilities. From the following list, identify the parents' responsibilities using a "P", and the infant/child's responsibilities with an "I/C"  _____ Decide what foods to offer _____ Decide how much to eat _____ Decide whether or not to eat _____ Decide when meals and snack are offered _____ Decide where meals and snack are offered	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
10. What are three possible benefits of eating together as a family?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
11. What are three suggestions you can offer to a parent with a picky eater?	<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete

## Task III: Nutrition and Health in WIC

CANDIDATE ASSESSMENT: Children	Outcome/Notes
<p>12. What are four tips you can give to parents to help them to prevent childhood obesity?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<b>Clinical Dietary Assessment</b>	
<p>13. Using the hand out, how many choices (per day) of the following food groups should you offer a child age 4-5?</p> <p style="text-align: right;">Fruits _____</p> <p style="text-align: right;">Vegetables _____</p> <p style="text-align: right;">Breads, grains &amp; cereals _____</p> <p style="text-align: right;">Milk products _____</p> <p style="text-align: right;">Protein foods _____</p> <p style="text-align: right;">Fats, oils and extras _____</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>

### Task III: Nutrition and Health in WIC

<b>CANDIDATE ASSESSMENT: Children</b>		<b>Outcome/Notes</b>	
14. Give an example of a day's diet for a three year old which meets the recommended amount according to WIC guidelines.		<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<b>MEAL</b>	<b>FOOD/AMOUNT</b>		
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
15. Case study:  Tommy is 28 months old. <ul style="list-style-type: none"> <li>• His percentile BMI for age is more than 98%.</li> <li>• His height-for-age is less than 5%.</li> <li>• His hemoglobin is 10.8 gm/dl.</li> <li>• He drinks from a bottle.</li> <li>• His teeth are showing signs of tooth decay, causing him pain when he eats.</li> </ul>			
a. What are his anthropometric risk(s)?		<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
b. What are his biochemical risk(s)?		<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
c. What are his clinical risk(s)?		<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
d. What are his dietary risk(s)?		<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
e. What WIC Food Guideline messages might you offer?		<input type="checkbox"/> Incomplete	<input type="checkbox"/> Complete
<b>CANDIDATE ASSESSMENT: Children</b>		<b>Date:</b>	
<b>COMPLETED</b>			

## Task III: Nutrition and Health in WIC

<b>INTERVIEW: All Categories</b> <i>(Reviewer asks the candidate)</i>	<b>Outcome/Notes</b>
<p>1. What are three nutrition-related concerns regarding the homeless?</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p style="text-align: center;"><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>2. What kinds of problems might the following situations cause?</p> <p style="padding-left: 20px;">a. A WNA provides some inaccurate information to a participant.</p>	<p style="text-align: center;"><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p style="padding-left: 20px;">b. The information provided by a WNA conflicts with the recommendations of a dietitian or doctor.</p>	<p style="text-align: center;"><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p><b>INTERVIEW: All Categories</b> <b>COMPLETED</b></p>	<p><b>Date:</b></p>



### Task III: Nutrition and Health in WIC

INTERVIEW: Children <i>(Reviewer asks the candidate)</i>	Outcome/Notes
<p>1. Explain why telling children to, “clean your plate” or “eat all of the food you are served” is inappropriate.</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<b>INTERVIEW: Children</b> <b>COMPLETED</b>	<b>Date:</b>

## Task III: Nutrition and Health in WIC

<b>4 OBSERVATIONS</b> <i>(1 in each category)</i>  <i>For each... designate Outcome</i>	<i>Pregnant Woman</i>   <i>✓=complete</i> <i>0=incomplete</i>	<i>Postpartum BF Women and Non-BF Woman</i>   <i>✓=complete</i> <i>0=incomplete</i>	<i>Infant -or-Child under 12 months</i>   <i>✓=complete</i> <i>0=incomplete</i>	<i>Child aged 1-5</i>   <i>✓=complete</i> <i>0=incomplete</i>	<b>Outcome/Notes</b>
<b>Reviewer observes that the candidate:</b> <i>(If you don't have the equipment to do this, please describe what you would do)</i>					
1. Assesses anthropometric indicators of nutritional need, as needed.					
2. Assesses biochemical indicators of nutritional need, as needed.					
3. Assesses clinical indicators of nutritional need, as needed.					

## Task III: Nutrition and Health in WIC

<b>4 OBSERVATIONS</b> <i>(1 in each category)</i>  <i>For each... designate Outcome</i>	<i>Pregnant Woman</i>   <i>✓=complete</i> <i>0=incomplete</i>	<i>Postpartum BF Women and Non-BF Woman</i>   <i>✓=complete</i> <i>0=incomplete</i>	<i>Infant -or-Child under 12 months</i>   <i>✓=complete</i> <i>0=incomplete</i>	<i>Child aged 1-5</i>   <i>✓=complete</i> <i>0=incomplete</i>	<b>Outcome/Notes</b>
<b>Reviewer observes that the candidate:</b> <i>(If you don't have the equipment to do this, please describe what you would do)</i>					
4. Assesses dietary indicators of nutritional need, as needed.					

## Task III: Nutrition and Health in WIC

4 OBSERVATIONS (1 in each category)	Pregnant Woman  ✓=complete 0=incomplete	Postpartum BF Women and Non-BF Woman  ✓=complete 0=incomplete	Infant -or-Child under 12 months  ✓=complete 0=incomplete	Child aged 1-5  ✓=complete 0=incomplete	Outcome/Notes
<b>Reviewer observes that the candidate:</b> (If you don't have the equipment to do this, please describe what you would do)					
5. Assesses the participant's interest in breastfeeding and supports the participant in an appropriate manner.					
6. Asks open ended questions to elicit information. <ul style="list-style-type: none"> <li>• Follows-up on cues indicating referral needs.</li> <li>• Asks questions with respect and a non-judgmental attitude.</li> </ul>					
7. Reviews the participant's physical/medical information in WIC MIS, including: <ul style="list-style-type: none"> <li>• Past and present health,</li> <li>• Health habits, and</li> <li>• Environment.</li> </ul>					

## Task III: Nutrition and Health Referrals

<b>4 OBSERVATIONS</b> <i>(1 in each category)</i>  <i>For each... designate Outcome</i>	<i>Pregnant Woman</i>   ✓=complete 0=incomplete	<i>Postpartum BF Women and Non-BF Woman</i>   ✓=complete 0=incomplete	<i>Infant -or-Child under 12 months</i>   ✓=complete 0=incomplete	<i>Child aged 1-5</i>   ✓=complete 0=incomplete	<b>Outcome/Notes</b>
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**Reviewer observes that the candidate:** *(If you don't have the equipment to do this, please describe what you would do)*

8. Reviews previous comments (demonstrates use of WIC MIS options to review or browse previous information, or modify Nutrition Ed Plan).	<ul style="list-style-type: none"> <li>F-4 options-nutrition summary.</li> <li>F-6 previous summary, identify risks, regression or browse summary.</li> </ul>	
9. Makes changes to the individual care plan, as needed.		

<b>OBSERVATION: Pregnant Women COMPLETED</b>	<b>Date:</b>
<b>OBSERVATION: Postpartum Women COMPLETED</b>	<b>Date:</b>
<b>OBSERVATION: Infants COMPLETED</b>	<b>Date:</b>
<b>OBSERVATION: Children COMPLETED</b>	<b>Date:</b>

## Task III: Nutrition and Health Referrals

<b>5 FILE AUDITS</b> (1 in each category)  For each category, designate <i>Outcome</i> : ✓=complete 0=incomplete	<i>Pregnant Woman</i>  ✓=complete 0=incomplete	<i>B/F Woman</i>  ✓=complete 0=incomplete	<i>Non-B/F Woman</i>  ✓=complete 0=incomplete	<i>Infant (0-1)</i>  ✓=complete 0=incomplete	<i>Child (1-5)</i>  ✓=complete 0=incomplete	<b>Outcome/Notes</b>
<b>HEALTH INFORMATION</b>						
Clinic:		WIC identification #:				
1. Complete height and weight are documented.						
2. Height and weight are current and within 60 days of the certification date.						
3. Expected delivery date and pregnancy weight are entered.						
4. Anthropometric data entered matches the information on medical forms.						
5. Weight/Lab screens are assessed for other risks (for example, inappropriate growth).						
6. Biochemical data entered matches the information on medical forms.						
7. Hgb/Hct is present or provided within 90 days of the certification date. (Hold is placed if not present.)						
8. Hemoglobin/hematocrit is entered with the correct date.						
9. All health questions are answered.						
10. Evaluation of nutrition questionnaire is entered.						
11. Observations are documented.						
12. All risks are entered.						

## Task III: Nutrition and Health Referrals

<b>5 FILE AUDITS</b> <i>(1 in each category)</i>  For each category, designate <i>Outcome</i> : ✓=complete 0=incomplete	<i>Pregnant Woman</i>   ✓=complete 0=incomplete	<i>B/F Woman</i>   ✓=complete 0=incomplete	<i>Non-B/F Woman</i>   ✓=complete 0=incomplete	<i>Infant (0-1)</i>   ✓=complete 0=incomplete	<i>Child (1-5)</i>   ✓=complete 0=incomplete	<b>Outcome/Notes</b>
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<b>RISK INFORMATION</b>						
13. Participant selects goal.						
14. Correct dietary and other condition codes are entered.						
15. Individual Nutrition Education Plan (INEP) is correctly completed.						
16. If participant is a level N, they are referred to the dietitian and documentation is completed.						
17. All appropriate referrals are made.						

<b>AUDIT: Pregnant Women COMPLETED</b>	<b>Date:</b>
<b>AUDIT: Postpartum Women COMPLETED</b>	<b>Date:</b>
<b>AUDIT: Infants COMPLETED</b>	<b>Date:</b>
<b>AUDIT: Children COMPLETED</b>	<b>Date:</b>

## Task III: Nutrition and Health Referrals

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes
<p>1. The first step in making referrals is to identify the kind of help the participant needs. List two or more ways you can obtain information identifying a need.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>2a. List at least three of the state mandatory referrals.</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>
<p>2b. Describe the three mandatory referrals you listed above:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span></p>

### Task III: Nutrition and Health Referrals

CANDIDATE ASSESSMENT: All Categories	Outcome/Notes
3. Using your agency’s referral resources, name an organization providing:	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
a. Emergency food aid.	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
b. Support to breastfeeding women.	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
c. Help for domestic violence.	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
d. Help for drug and/or alcohol abuse.	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
4. When doing outreach, community organizations serving these populations should be targeted <i>(check all that apply)</i> :  <input type="checkbox"/> low-income pregnant women <input type="checkbox"/> senior citizens <input type="checkbox"/> foster children <input type="checkbox"/> breastfeeding women <input type="checkbox"/> businessmen <input type="checkbox"/> migrant farm workers	<input type="checkbox"/> Incomplete <span style="margin-left: 200px;"><input type="checkbox"/> Complete</span>
<b>CANDIDATE ASSESSMENT: All Categories COMPLETED</b>	<b>Date:</b>

### Task III: Nutrition and Health Referrals

<b>INTERVIEW: All Categories</b> <i>(Reviewer asks the candidate)</i>	<b>Outcome/Notes</b>
<p>1. Case study:</p> <p style="margin-left: 20px;">Critical thinking case study for referral.</p> <ul style="list-style-type: none"> <li>New mom complains of being tired and stressed</li> <li>Living in hotel (homeless)</li> <li>Infant is 4 weeks old</li> <li>Combo feeding - trying to breastfeed but wants formula because “she feels baby is not getting enough”.</li> <li>Anthropometric risk: low maternal weight gain</li> <li>Biochemical risk: undetermined - no postpartum H/H yet</li> <li>She had Medi-Cal with the pregnancy but will run out in 2 weeks</li> <li>She asks you if there is any way to get extra food this month even though she will get formula.</li> </ul>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>a. What issues indicate a need for referral(s)?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>b. What open-ended questions could you ask the participant to determine which referrals she prefers?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>c. What referrals could you offer?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p>2. If you suspect a child has been abused or neglected, what step(s) do you take?</p>	<div style="display: flex; justify-content: space-between;"> <span><input type="checkbox"/> Incomplete</span> <span><input type="checkbox"/> Complete</span> </div>
<p><b>INTERVIEW: All Categories</b> <b>COMPLETED</b></p>	<p><b>Date:</b></p>

## Task III: Nutrition and Health Referrals

<b>OBSERVATION</b> <i>(Any Category)</i>  For the observation, designate <i>Outcome</i>	<i>Any Category</i>  	<b>Outcome/Notes</b>
<i>✓=complete</i> <i>0=incomplete</i>	<i>✓=complete</i> <i>0=incomplete</i>	
<b>Reviewer observes the candidate:</b>		
1. Assessing, during an initial or subsequent certification, a participant should be referred to services outside of the WIC Program.		<input type="checkbox"/> Incomplete <span style="float: right;"><input type="checkbox"/> Complete</span>
<b>OBSERVATION: Any Category COMPLETED</b>		<b>Date:</b>

