

OT Mastery

Pediatric Feeding and Eating

1. What's the difference between an OT and SLP's (speech-language pathologists) role in feeding?

- A. SLPs focus on the mechanisms in the mouth and throat while OTs focus more on the motion and a child's ability to self-feed
 - B. There is no difference
 - C. SLPs only help children who are tube fed and OTs assist with manual feeding
 - D. SLPs focus on children with medical-related feeding difficulties and OTs treat kids who have sensory-related feeding difficulties
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2. What gender more commonly experiences feeding concerns?

- A. Male children
 - B. Female children
 - C. Both genders experience them equally
 - D. Both genders experience them equally but girls experience them more than boys in adolescence
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3. Which of the following is considered the second phase of feeding?

- A. Oral phase
 - B. Pre-oral phase
 - C. Pharyngeal phase
 - D. Esophageal phase
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4. At what age should a child demonstrate more accurate and efficient fork skills?

- A. 2 years
 - B. 3 years
 - C. 2.5 years
 - D. 1.5 years
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5. What is considered a sign of potential aspiration?

- A. Elimination difficulties
 - B. Meals that last 40 minutes or more
 - C. Low-grade fever after eating
 - D. Overstuffing food
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6. Why might a child develop 'failure to thrive'?

- A. Refusal to eat**
 - B. Poor sensory regulation**
 - C. Brain injury**
 - D. Medical concerns**
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7. What is the "Get Permission Approach"?

- A. A policy that states therapists must ask parents for consent before treating kids with feeding concerns**
 - B. A treatment approach that guides therapists in providing sensitive, responsive, and evidence-based feeding therapy**
 - C. An approach that involves parents asking their children for permission to feed them**
 - D. An approach that says children should not ever need to ask for food and should take it themselves**
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8. An occupational therapist should educate parents about the use of rewards during feeding. How should they advise them?

- A. Rewards should not ever be used in feeding**
 - B. Rewards should not be food-related**
 - C. Rewards should only be given a child eats their entire meal**
 - D. Rewards should only be used sporadically**
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9. What is a good example of a food bridge?

- A. Plain rice > rice with butter > rice with olive oil > rice with 3-ingredient salad dressing > rice with pepper**
 - B. Broccoli > brussel sprouts**
 - C. Plain pasta > pasta with sauce > pasta with sauce and cheese**
 - D. Unsalted crackers > salted crackers**
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10. What is a good way for occupational therapists to help kids build hand-to-mouth coordination?

- A. Running**
 - B. Relay races**
 - C. Mazes**
 - D. Scavenger hunts**
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