

## DISABILITY-INCLUSIVE NUTRITION AND TRAINING

### Pre/Post-Test (Answers)

|    | Question                                                                                                                                                            | Answers (correct answers are bolded)                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                        |
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| 1. | <b>Mark one</b><br>What type of barrier does this statement indicate? <i>"I don't need to understand about disability. We are not a disability health service."</i> | <ul style="list-style-type: none"> <li>Financial barrier</li> <li>Physical barrier</li> <li><b>Attitudinal barrier</b></li> <li>Communication barrier</li> <li>Institutional barrier</li> </ul>                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                        |
| 2. | <b>Mark one</b><br>This food texture is tender and moist. You need to have the ability to chew to manage it easily. Which one is it?                                | <ul style="list-style-type: none"> <li>Mashed</li> <li><b>Soft and bite-sized</b></li> <li>Puree</li> <li>Mixed textures</li> <li>Crunchy and dissolvable</li> </ul>                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                        |
| 3. | <b>Mark all that apply</b><br>Match each condition to the correct description.                                                                                      | <b>Conditions</b><br><b>A.</b> Cerebral palsy – <b>2</b><br><b>B.</b> Hydrocephalus – <b>1</b><br><b>C.</b> Down syndrome – <b>5</b><br><b>D.</b> Cleft lip & palate – <b>3</b><br><b>E.</b> Spina bifida – <b>6</b><br><b>F.</b> Autism – <b>4</b>                                                                                                                                                                                                                            | <b>Descriptions</b><br><b>1.</b> Fluid buildup in the brain<br><b>2.</b> Muscle and movement difficulties<br><b>3.</b> Opening in the lip or roof of the mouth<br><b>4.</b> Social and communication challenges<br><b>5.</b> Extra chromosome causing delays<br><b>6.</b> Spine does not form properly |
| 4. | Define disability in 1-2 sentences.                                                                                                                                 | Answer should include "health condition/impairment" AND "barriers": <ul style="list-style-type: none"> <li>"...those who have long-term physical, mental, intellectual or sensory impairments, which in interaction with various barriers may hinder their full and effective participation in society on an equal basis with others."</li> <li>Interaction of a person's impairment(s) with environmental barrier(s) that restricts their participation in society</li> </ul> |                                                                                                                                                                                                                                                                                                        |
| 5. | List <u>three</u> signs of aspiration.                                                                                                                              | Answers may include: <ul style="list-style-type: none"> <li>Coughing or choking</li> <li>Wet-sounding voice</li> <li>Facial grimacing</li> </ul>                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                        |

|    | Question                                                                                                                                                | Answers ( <i>correct answers are bolded</i> )                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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|    |                                                                                                                                                         | <ul style="list-style-type: none"> <li>• Change in color of face (e.g., redness or blue)</li> <li>• Watering eyes</li> <li>• Redness around the eyes</li> <li>• Runny nose</li> <li>• Gulping</li> <li>• Difficulty breathing (e.g., fast breathing, wheezing)</li> <li>• Frequent respiratory illness</li> <li>• Poor weight gain</li> </ul>                                                                                                                                   |
| 6. | <p><b>Mark one</b></p> <p>Select the one <u>true</u> statement about breastfeeding positions that support infants with disabilities during feeding.</p> | <ul style="list-style-type: none"> <li>• All infants with disabilities benefit from the same position.</li> <li>• Using different positions confuses infants with disabilities.</li> <li>• Infants with disabilities cannot have proper attachment. Feed with a cup.</li> <li>• <b>A mother can try a variety of positions to achieve and maintain good attachment.</b></li> </ul>                                                                                              |
| 7. | <p><b>Mark all that apply</b></p> <p>Which of the following might be a way that a child communicates they are ready for another bite?</p>               | <ul style="list-style-type: none"> <li>• Mouth full of food</li> <li>• Turning head away</li> <li>• <b>Looking at feeder</b></li> <li>• <b>Mouth open</b></li> <li>• Pushing food away</li> <li>• Crying</li> <li>• <b>Awake and alert</b></li> <li>• <b>Bringing hands to mouth</b></li> </ul>                                                                                                                                                                                 |
| 8. | <p><b>Mark all that apply</b></p> <p>During feeding, what does a good body position look like?</p>                                                      | <ul style="list-style-type: none"> <li>• <b>Hips: stable and at a 90-degree angle</b></li> <li>• Head: tilted slightly back</li> <li>• <b>Trunk: straight and upright</b></li> <li>• Hands: hanging down at sides</li> <li>• <b>Feet: flat on a firm surface</b></li> </ul>                                                                                                                                                                                                     |
| 9. | <p><b>Mark all that apply</b></p> <p>Which of the following are signs that a child might be having feeding difficulties?</p>                            | <ul style="list-style-type: none"> <li>• <b>Mother has to go to extra effort to get her child to eat</b></li> <li>• Child shows hunger and fullness cues</li> <li>• <b>Mealtimes are stressful</b></li> <li>• Child has favorite foods</li> <li>• <b>Child takes more than 30 minutes to finish a meal</b></li> <li>• <b>Child has frequent respiratory illness</b></li> <li>• Child is growing well</li> <li>• <b>Mother has concerns about her child's feeding</b></li> </ul> |

|     | Question                                                                                                                            | Answers ( <i>correct answers are bolded</i> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
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| 10. | Give one example of how malnutrition can cause a disability in a child, and one example of how a disability can cause malnutrition. | <p><b>Malnutrition → disability:</b></p> <ul style="list-style-type: none"> <li>• Maternal low folate → spina bifida</li> <li>• Maternal iodine deficiency → intellectual disability</li> <li>• General maternal malnutrition → physical &amp; intellectual disability</li> <li>• Vitamin D deficiency → rickets</li> <li>• Vitamin A deficiency → blindness</li> <li>• Iodine deficiency → delayed cognitive development</li> <li>• Iron deficiency → intellectual, learning, and behavioral disability</li> <li>• Protein deficiency → delayed physical growth or poor cognitive development</li> <li>• Malnutrition → weak immune system → susceptibility to infections (meningitis and measles)</li> </ul> <p><b>Disability → malnutrition:</b></p> <ul style="list-style-type: none"> <li>• Oral motor difficulties</li> <li>• Sensory difficulties</li> <li>• Poor absorption of nutrients in some conditions</li> <li>• Increased demands for energy and nutrients</li> <li>• Environmental reasons (educational, attitudinal, cultural, social)</li> </ul> |
| 11. | <b>Mark one</b><br>Select the one <u>true</u> statement about growth in children with disabilities.                                 | <ul style="list-style-type: none"> <li>• All children with disabilities have poor growth – it is a natural part of their disability.</li> <li>• WHO growth charts cannot be used for children with disabilities.</li> <li>• <b>In most cases, poor growth in children with disabilities is caused by inadequate nutrition, feeding, care, and support.</b></li> <li>• Poor growth in children with disabilities is mainly due to genetic factors.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 12. | <b>Mark all that apply</b><br>How does maternal stress impact infant and young child feeding?                                       | <ul style="list-style-type: none"> <li>• <b>It can interfere with or delay the let-down reflex – the start of the release of milk – during breastfeeding.</b></li> <li>• It always increases milk production.</li> <li>• <b>It may reduce a mother's ability to respond to her child's feeding cues.</b></li> <li>• <b>It can lead to early cessation of breastfeeding.</b></li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

|     | Question                                                                                                                                                                                            | Answers ( <i>correct answers are bolded</i> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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|     |                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>It guarantees the baby will be underweight.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 13. | <p><b>Mark all that apply</b></p> <p>How might a mother experience stress if her child is born with a disability?</p>                                                                               | <ul style="list-style-type: none"> <li><b>She may feel grief or sadness about her child's diagnosis.</b></li> <li><b>She may fear being blamed or rejected by family or community.</b></li> <li>She will automatically stop breastfeeding.</li> <li><b>She may worry about accessing health or nutrition services for her child.</b></li> <li><b>She may feel isolated or unsupported in her caregiving role.</b></li> </ul>                                                                                                                                                                                                                                                                                    |
| 14. | <p><b>Select the one statement that is <u>INCORRECT</u></b></p> <p>In what ways can we help reduce the risk of gender-based violence (GBV) for children with disabilities and their caregivers?</p> | <ul style="list-style-type: none"> <li>Promote inclusion and acceptance of disability in community awareness efforts.</li> <li>Ensure caregivers and children have safe, confidential access to health and protection services.</li> <li><b>Assume that only some people are at risk of GBV, so targeted protection is enough.</b></li> <li>Design all programmes to be safe and inclusive, assuming that anyone, regardless of disability, gender, or age, may be at risk of GBV.</li> <li>Strengthen caregiver support networks, including peer groups and psychosocial support.</li> <li>Train nutrition staff on GBV risk mitigation, to receive GBV disclosures, and to know referral pathways.</li> </ul> |
| 15. | <p><b>Mark all that apply</b></p> <p>In what ways may the risk of gender-based violence (GBV) increase when a child is born with a disability?</p>                                                  | <ul style="list-style-type: none"> <li><b>The mother may be blamed by her partner or family for the child's condition.</b></li> <li><b>The added caregiving demands may increase tension and risk of intimate partner violence.</b></li> <li>The mother is automatically given more support from her community.</li> <li><b>Stigma around disability may lead to isolation, making the mother more vulnerable to abuse.</b></li> <li><b>A partner may use the child's disability to justify controlling or harmful behavior.</b></li> </ul>                                                                                                                                                                     |