

# 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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