

Changing food and nutrition for your 8-to-12-month old

Take this quiz and test your nutrition knowledge! Your baby may be on the move, crawling, or getting ready to take some first steps. His diet is on the move too, changing in so many ways. Hunger and fullness cues for when babies start to crawl will help you know when and how much to feed. Take the following interactive quiz to test your nutrition knowledge on feeding your 8-to-12-month old.