

## **Baby Food Decision**

**Name:** \_\_\_\_\_

After reading the article(s), participating in classroom and lab activities about baby food options it becomes apparent that there is much to think about with each. We read and discussed concepts such as nutrition, time, costs, and safety to each choice. I want you to imagine you are the parent of a 6-8 month old infant ready for solid baby foods. What will you choose? List your reasons below in each box. **Once each box is filled in I would like you to write at least a paragraph (minimum 5 sentences) explaining in detail the baby food option you would choose and why. This may be written on the back of this paper.**

**Reasons to make & use homemade baby food:**

**Reasons to use store bought baby food:**

**Reasons to use both homemade & store bought baby foods:**