



Quiz Answer Key

1. True or false: You can't get sunburned on a cloudy day.
2. True or false: You should protect your eyes from the sun with sunglasses or a hat.
3. Explain the numbers in the "5-2-1-Almost None" guidelines:
5: Eat 5 or more servings of fruits and vegetables.
2: Spend less than 2 hours on the computer or watching TV.
1: Be active for at least 1 hour.
Almost None: Skip sugary drinks.
4. Which are not healthy summer activities?
a) jumping rope, riding bikes, playing basketball
b) watching TV, playing video games, using the computer
c) swimming, reading books, putting on a puppet show
5. True or false: Everyone should use sunscreen when they're out in the sun.
6. True or false: Drinking water before you get thirsty is the best way to beat dehydration.
7. How can you stay safe while swimming in a pool?
a) Don't run near the pool
b) Swim with an adult or friend
c) Don't push other kids in or near the pool
d) Follow the pool rules
e) All of the above
8. Name at least three fruits and vegetables that make tasty, healthy snacks. (Any of the following: apples, oranges, peaches, carrots, celery, broccoli, grapes, tomatoes, etc.)
9. True or false: You should never wear headphones when you're riding a bike.
10. True or false: Playing video games takes time away from doing physically active things.
11. What are some good ways to cope with homesickness if you're away from your family, like at summer camp or staying with relatives?
a) Call home
b) Write your loved ones a letter
c) See your loved ones on visiting day
d) Talk to an adult about your feelings
e) All of the above
12. Which one does not go on your bicycle safety checklist?
a) Make sure your seat, handlebars, and wheels fit tightly
b) Check and oil your chain regularly
c) Make sure you have earplugs handy in case you break the sound barrier
d) Check your brakes to be sure they work well and aren't sticking
e) Make sure your tires have enough air