



## Do You Know How to be Safe & Healthy? Quiz for KIDS



1. How many hours of sleep should children get each night?
  - A. 6
  - B. 8
  - C. 10
  - D. 12
2. Where is the safest place for children to ride in a car?
  - A. The front seat.
  - B. The back seat.
  - C. On the console.
  - D. In the trunk
3. According to Pennsylvania law, children must wear protective helmets while riding bicycles and scooters up to what age?
  - A. 8
  - B. 10
  - C. 6
  - D. 12
4. If your clothing ever catches on fire, what should you do?
  - A. Run for help.
  - B. Stop, drop, and roll.
  - C. Look for water.
  - D. Continue playing.
5. What is the universal symbol to indicate that something is poison?
  - A. A yellow dot.
  - B. An orange worm.
  - C. Mr. Yuk
  - D. The UPC symbol.
6. Of the following, what is the most nutritious meal?
  - A. Pancakes with syrup, sausage, milk shake.
  - B. Grilled cheese, grapes, milk.
  - C. Pizza, french fries, chocolate sundae.
  - D. Grilled chicken, corn on the cob, watermelon, strawberry yogurt.
7. How often should you exercise each week?
  - A. never
  - B. only when Mom or Dad makes me
  - C. for 30 minutes 3 to 4 different times
  - D. in gym class
8. After homework is completed, what is a healthy amount of time to spend watching TV or playing computer games?
  - A. until I fall asleep
  - B. 1 hour
  - C. as much as I want
  - D. until Mom and Dad yell at me.