



## Quiz Answer Key

1. True or false: Everyone should get out of pools, lakes, or ponds when thunder is heard.
2. If you find a tick on you, it's best to:
  - a) run off into the woods screaming
  - b) scratch it off with your thumb
  - c) ask an adult to pull it out with tweezers
  - d) burn it off
3. True or false: Everyone needs to wear sunscreen when they're out in the sun.
4. If you're out in the hot sun or you're exercising on a hot day, it's easy to get \_\_\_\_\_ heat exhaustion \_\_\_\_\_. Kids get it when their bodies can't cool themselves fast enough.
5. Thirst is one indicator of \_\_\_\_\_ dehydration \_\_\_\_\_, but it's not an early warning sign.
6. Underline the healthy snacks:

a) <u>Apples</u>	g) Doughnuts
b) <u>Bananas</u>	h) French fries
c) <u>Broccoli</u>	i) <u>Grapes</u>
d) <u>Carrots</u>	j) <u>Oranges</u>
e) <u>Celery</u>	k) Fried onion rings
f) Cookies	l) Potato chips
7. Which should be on your bicycle safety checklist?
  - a) Make sure your seat, handlebars, and wheels fit tightly
  - b) Check and oil your chain regularly
  - c) Check your brakes to be sure they work well and aren't sticking
  - d) Check your tires to make sure they have the right amount of air
  - e) All of the above
8. True or false: You should never wear headphones when you're riding a bike.
9. "Buddy up" means swimming with a partner. When should you avoid swimming alone?
  - a) When you're swimming in a lake rather than a pool
  - b) When you're tired
  - c) When it's dark
  - d) When you're a beginner
  - e) Always
10. Which saying helps you remember how to avoid poison ivy?
  - a) Leaves of two – your skin turns blue!
  - b) Leaves of three – let them be!
  - c) Leaves of four – you'll be on the floor!
  - d) Leaves of five – those ain't chives!