



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

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 _____. Kids get it when their bodies can't cool themselves fast enough.
5. Thirst is one indicator of _____, but it's not an early warning sign.
6. Underline the healthy snacks:

a) Apples	g) Doughnuts
b) Bananas	h) French fries
c) Broccoli	i) Grapes
d) Carrots	j) Oranges
e) Celery	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!