

# january 2011



## HEALTH & SAFETY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 The exercises done before an activity are referred to as the:	4 Your aunt decides to quit smoking and makes a clean break rather than tapering off. This method is called quitting:	5 In the US, about 70 percent of the injuries associated with fireworks occur in the month surrounding what holiday?	6 A common example of a fortified food is milk. What has been added to milk that was not originally there in any great quantity?	7 Omega-3 fatty acids have been found to provide three health benefits. Name one:	8
9	10 In terms of sunscreen, what does SPF stand for?	11 When speaking about drugs, what does the abbreviation OTC refer to?	12 Children under what age should sit in the back seat of a car strapped in a booster chair?	13 There are several organizations that perform crash tests for vehicle safety. Name one:	14 What is the most common injury suffered in the US?	15
16	17 What disease is spread to humans from deer ticks?	18 What is another name for end-of-life care?	19 The oldest and least expensive over-the-counter drug is:	20 Name one of the food items should be stored in the coldest part of the refrigerator?	21 What chemical is often added to drinking water to reduce bacteria?	22
23	24 Who regulates the safety of dietary supplements such as vitamins and minerals?	25 Name two signs or symptoms you might experience if you fracture a bone:	26 How are children tested to determine whether their bodies have high levels of lead?	27 You installed smoke alarms for safety. For proper care, you will change the batteries how often?	28 To prevent illness, before eating any fresh fruit or vegetables, always do what to the food?	29
30	31 How much ahead of time should sunscreen be applied before going outdoors?					

