

march 2010

HEALTH & SAFETY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	1 Fatty acids are generally classified in one of three ways. Name one classification:	2 In the US, adults with a body mass index of 30 or greater are considered:	3 Dietary cholesterol is found only in what type of food?	4 Within the US, most of this fruit is grown in Florida. It can be white, pink or ruby, and one-half of this fruit equals one fruit serving.	5 What three events make up a typical triathlon?	6
7	8 What is a pandemic?	9 What is the disease varicella more commonly known as?	10 Chemicals in the brain that are increased with exercise, reduce pain, and induce a sense of well-being are called:	11 What is the common name for the disease bovine spongiform encephalopathy or BSE?	12 If a patient requests a copy of her medical records, the health care organization must provide them within how many days?	13
14	15 An agent that causes cancer is called a:	16 Wearing sun glasses that block UV radiation will help protect your eyes from what form of eye damage?	17 Thiamine, niacin and folic acid are different types of what?	18 Which US state exports the most agricultural products to the rest of the world?	19 Two federal agencies publish the "Dietary Guidelines for Americans." Name the two agencies:	20
21	22 What part of the body absorbs poison the fastest?	23 The octagon is reserved specifically for which road sign?	24 If you get a pesticide on your skin, what is the first thing you should do?	25 All proper lifejackets should be approved by what group?	26 The measurement of the amount of alcohol in an individual's blood is called:	27
28	29 You must use a fire extinguisher to fight a fire. Where should you point the extinguisher nozzle?	30 To prevent scalding, you should set your water heater no higher than this:	31 NHTSA recommends that children under this age ride only in the backseat of vehicles:	1	2	3

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