

# Safetypup's Drug-Free & Safety-Sure Kids® Quiz



## Healthy Habits - Rules Keep Us Safe

**Directions:** If necessary, an adult can read the question to young readers, who can circle the correct answer.

1. It's enough to get 1 hour of sleep every night.
2. Having a yearly check-up from your doctor is important.
3. You should eat nutritious foods, not too many sweets.
4. It is good to exercise every day.
5. Never taking baths or washing your hands is healthy.
6. You should dress right for the weather.
7. Following the rules given to you by your parents helps keep you safe.
8. You should make decisions that are right for you.

True      False



Answers: 1. False, 2. True, 3. True, 4. True, 5. False, 6. True, 7. True, 8. True.