



Epping Forest

# crucial crew 2020

staying safe, fit and healthy

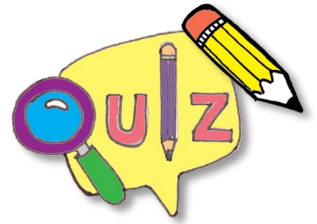


Test your knowledge

Supported by



# evaluation quiz!



## Test Your Knowledge!

Once you have worked through the booklet, use the quiz below to test your knowledge! (Circle the correct answer). **Good Luck!**

**Q1**

What is the maximum amount of added sugar that you should consume in one day?

- 1 cube
- 5 cubes
- 7 cubes

**Q2**

How often do we test our smoke alarms?

- Once a year
- Once a month

**Q3**

When we think about it Who is the best person to speak to if you have a relationship problem?

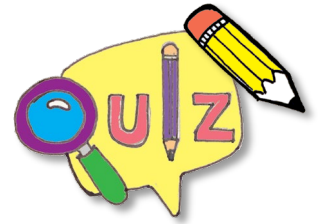
- No one
- Friend
- Trusted adult

**Q4**

What colour are reversing lights?

- Red
- Green
- White

# evaluation quiz!



## Test Your Knowledge!

Once you have worked through the booklet, use the quiz below to test your knowledge! (Circle the correct answer). **Good Luck!**



How much physical activity should you do each day?

- 60 minutes
- 5 minutes
- 30 minutes



Illegal drugs have what impact on our physical and mental health?

- Good
- Bad
- Doesn't effect us



Someone at school has been picking on one of your friends and is being horrible to them on Instagram, should you?

- A. Go with your friend to speak to an adult you both trust about what's been happening
- B. Screenshot the nasty comments then report and block the person on Instagram
- C. talk to your friend about what's happening and make a point of hanging around with them at break and lunchtime
- D. All of the above

# partners

A huge thank you to all of our key partners for supporting crucial crew 2020.

For further information click on their logo to take you to their webpages...

