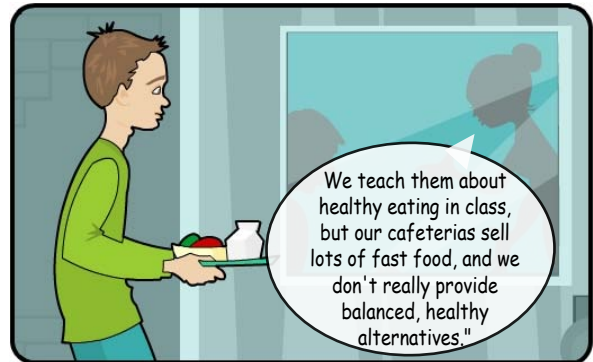


Are you ready to take a fun quiz?

Try to answer the following questions. Be careful - some of them are tricky. Discuss the reasons for your answers with the students in your group and write them down in the space provided.



1. Having rules about 'no teasing' as well as 'no bullying' at school is important.

True False

2. Rushing through lunch is a good thing to do.

True False

3. Vending machines are the only places to get healthy snacks at school.

True False

4. Students can help make their school a fun and healthy place to learn and play.

True False

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Answers



1. Having rules about 'no teasing' as well as 'no bullying' at school is important.

True False

2. Rushing through lunch is a good thing to do.

True False

3. Vending machines are the only places to get healthy snacks at school.

True False

4. Students can help make their school a fun and healthy place to learn and play.

True False

1. True. Teasing is a form of bullying and can be hurtful. Rules about "No Teasing" can help create a positive school environment for all students.

2. False. When possible, take the time to enjoy lunch in a relaxed way. It helps you to recognize when your body is hungry and when it is full.

3. False. Adding milk, juice, yogurt, water, cheese, fruit, or sandwiches to vending machines is one way of increasing the availability of healthy snacks or lunches at school. Bringing healthy snacks and lunches from home is another strategy to eating healthily throughout the school day.

4. True. Students can play a big role in making their school a fun and healthy place to learn and play. Work with your school staff, teachers, and friends to make your school the best place it can be! Students just like you have helped to control teasing and promote healthy eating and physical activity in schools all over Canada.