

# Healthy Choices Quiz - Ages 11-19

**Here's a few starter questions to get your students thinking about the three different topics explored in the resources.**

You could run this quiz to kickstart the Challenge, maybe in an assembly or as an engagement activity on social media or you could choose one or more of the sections to introduce the accompanying activities.

The questions and answers are included in the Healthy Choices Quiz PowerPoint included in your pack.

## ADVERTISING

**1. From what age, do you think companies can legally advertise their products to children?**

- a. 0 years
- b. 12 years
- c. 16 years

Companies can target adverts to children of any age, there is no legal restriction. They must make sure that the content of the advertisements is suitable for the age group they are targeting though. How do you think companies might choose to advertise their products to children?

**2. What do you think is the main reason people abandon their online shopping carts?**

- a. Extra costs are too high
- b. Returns policy
- c. Can't see the total cost ( e.g price of p&p)

How do you think companies might encourage you to complete your purchase? Companies use many different methods including pop-ups offering discounts

whilst you're on their website as well as personalised emails offering discounts on your shopping trolley or offering money off your next shop – can you think of any others?

<https://www.salecycle.com/blog/featured/10-fascinating-stats-cart-abandonment/>

**4. What do you think – fact or fiction? All reviews online are trustworthy.**

- a. Fact
- b. Fiction

Fiction! Not all reviews are trustworthy, some may be written by people who are paid to write good reviews. Do you read reviews before buying from a new company? Do you trust all the reviews that you read? How can you tell if an online review is from a real customer and not a computerised bot or someone paid to provide a positive review?

Here's a few top tips, you find out more here too:

- If it looks too good to be true, it probably is!
- Be sceptical of products with only 5 star reviews, reviews with lots of pictures and reviews with lots of weird formatting e.g. capital letters in weird places and poor grammar.

<https://www.which.co.uk/reviews/online-shopping/article/online-shopping/how-to-spot-a-fake-review-aiDaS3e1ivfr>

## SOCIAL MEDIA - suitable for ages 13+

**4. An average person's lifespan is 72 years old. In that 72 years, which activity do you think we will spend more time doing?**

- a. Eating and drinking
- b. Socializing
- c. Using social media

The Bureau of Labor Statistics Data in the US estimates that an average person will spend 6 years and 8 months of their life on social media, 3 years and 7

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months eating and drinking and only 1 year and 11 months socialising.

Research by Global WebIndex in August 2020:

<https://www.smartinsights.com/social-media-marketing/social-media-strategy/new-global-social-media-research/>

Do you think this is surprising? How might so much time on spent on social media affect our physical, mental and financial health and wellbeing?

## 5. How much time do you think the average person spends on social media each day?

- a. 2hrs 24 mins    b. 1hr 27 mins    c. 48 mins

Do you think this is about right in your experience? What do you think the positives and negatives might be of spending this much time on these apps?

<https://www.broadbandsearch.net/blog/average-daily-time-on-social-media>

## 6. Ryan Kaji, an 8 year old from Texas who gained fame from 'unboxing', was the highest YouTube earner in 2018 and 2019! How much do you think he earned in 2019? ?

- a. \$500,000    b. \$8 million    c. \$26 million

What impact do you think this much money might have on your health and wellbeing when you're that young?

<https://www.cnn.com/2019/12/20/ryan-kaji-remains-youtubes-highest-earner-making-26-million-in-2019.html>

## INDEPENDENT LIVING

## 7. If you own a TV and watch TV live, then you must have a TV licence. How much do you think a year's licence costs?

- a. £57.50    b. £89.99    c. £157.50

Is this more or less than you expected? What about the cost of your favourite TV and film streaming sites? Why not work out how much money you might spend each year when you start living by yourself?

## 8. If you own a car, and you don't have car insurance, do you think you are breaking the law?

- a. Yes    b. No

Yes, you would be breaking the law. It's a legal requirement to have car insurance if you own a car, even if you leave it parked and don't actually drive it! Insurance will provide you with financial protection in case of an accident and also provide other injured parties with cover too. and your bodies and minds?

## 9. Potatoes count as one of your five a day!

- a. True    b. False

No potatoes don't count as 1 of your five a day, they count as starchy foods as they're usually eaten in place of bread, rice or pasta as part of your main meal. Sweet potatoes do count though and make delicious alternatives to chips!

<https://www.bbc.co.uk/news/health-26818386>

## 10. How much do you think the average locksmith charges to break your lock if you get locked out of your home?

- a. £25-45    b. £55-65    c. £65-90

It's best to avoid losing your keys or locking yourself out of your house as a locksmith is not cheap! What could you do to avoid this happening?

<https://www.bidvine.com/locksmith/price-guide/>

## 11. When do you think you might need to get a credit rating? Choose all that you think apply.

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- a. When you buy a mobile phone on contract?
- b. When you rent a flat?
- c. When you buy a plane ticket?

When you are starting a new financial contract e.g. a loan, then a company may ask to see your credit report to understand your financial behaviour i.e. do you have existing debt, have you regularly met your payments etc. A company must have a legitimate reason to do this but they don't always need your consent.

## STARTING A JOB

12. How many jobs do you think people who are born between the 1980s and the 2000s are likely to have over their lifetimes?

- a. 3
- b. 5
- c. 12

People who are born between the 1980s and the 2000s are now more likely to have more jobs than people born in previous generations. Why do you think this might be? What might the advantage be of having a series of jobs instead of just one in your lifetime?

13. What do you think is the average age of people when they start their first full-time job in the UK?

- a. 16
- b. 21
- c. 19

Is this older or younger than you expected? What do you think the benefits of having a job are for your physical, mental and financial health?

ONS 2019 article: <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/articles/milestonesjourneyingintoadulthood/2019-02-18#:~:text=Age%2018%3A%20legally%20an%20adult&text=Teenagers%20get%20more%20rights%20as,the%20UK%20they%20live%20in>.

14. On average, how many hours do you think full-time workers work a week?

- a. 27 hours
- b. 37.5 hours
- c. 42.5 hours

What might be the impact on our physical, mental and financial health of working long hours?

<https://www.bbc.co.uk/news/uk-politics-49795179#:~:text=According%20to%20that%20source%2C%20full,than%2044%20hours%20a%20week>.