

RIDDLE ME THIS... RIDDLE ME THAT...

CONGRATULATIONS YOU'VE TAKEN QUITE A JOURNEY, WORKING YOUR WAY THROUGH THE TEAMSWANS HEALTHY CHOICES CHALLENGE, COMPLETING THE SET TASKS AND LEARNING A WHOLE LOT OF NEW AND INTERESTING INFORMATION. JUST A LITTLE BIT TO GO IN THE 'KEEPIN' IT HEALTHY' CHALLENGE. SWITCH YOUR BRAIN ONTO HIGH AND FIGURE OUT THESE QUIZZES AND PUZZLES...

can you squiz this quiz?

Read the question and circle which answer you think is right.

- Which muscle in the human body is the strongest?
(a) Bicep (b) Hamstring (c) Tongue
- On average, how many acres of pizza do Americans eat every day?
(a) 6 (b) 12 (c) 18
- A snail can sleep for how many years straight?
(a) one (b) two (c) three
- In South Africa what type of insect is roasted and eaten like chips and popcorn?
(a) Termites (b) Flies (c) Cockroach
- How are cranberries sorted for ripeness?
(a) squeezing (b) throwing (c) bouncing
- Over how many times does your heart beat in one day?
(a) 100,000 (b) 50,000 (c) 10,000
- Which is more efficient at waking you up in the morning?
(a) Coffee (b) Apple (c) Toast
- A 'pack-a-day' smoker will lose how many teeth every 10 yrs from smoking?
(a) two (b) one (c) none
- The sperm whale has the heaviest brain of all mammals. How heavy is it?
(a) 5kg (b) 9kg (c) 7kg
- Which part of your body has 26 bones, 38 muscles and 56 ligaments?
(a) Face (b) Hands (c) Feet
- On average how many hairs do you have on your head?
(a) 100,000 (b) 200,000 (c) 300,000
- Which muscle works about 60-80 times a minute without you even thinking about it?
(a) Lungs (b) Heart (c) Stomach

Answers 1.(c), 2.(c), 3.(c), 4.(a), 5.(c), 6.(a), 7.(b), 8.(a), 9.(b), 10.(c), 11.(a), 12.(b)

Achoooooo...
When you sneeze all of your bodily functions stop, even your heart!

They say...
it is impossible to lick your elbow...
GO ON... try it!

Did you know...
that your stomach has to produce a new layer of mucus every two weeks or it will digest itself

How many?
Your body needs over 25 different vitamins and minerals and no one food has them all. Eat lots of different foods every day.

Did you know there are 16 different muscles in your face that can work together to produce hundreds of different expressions? Try This.....Look in a mirror and time yourself for one minute to see how many different emotions your face can express.

MUMBO JUMBO

Can you unjumble the following mumble to find out some interesting information for you to keep in mind?

1. drunk get poison you Drinking can death and cause to

2. weight half water body than More is your

3. so you won't same from mistakes again mistakes Learn make the your

4. accountable words and Responsibility being own means for your actions

5. more Inactive adults children Inactive become are to likely

REFLECTION TASK:

Want to go in the draw for a great prize? Well all you need to do is write down, in 25 words or less, what you have learnt about yourself and your health from the TeamSWANS Healthy Choices Challenge. Email your entry to: teamswans@sydneywans.com.au
We look forward to hearing from you.

ANSWERS 1. Drinking to get drunk can poison you and cause death 2. More than half your body weight is water 3. Learn from your mistakes so you won't make the same mistakes again 4. Responsibility means being accountable for your own words and actions 5. Inactive children are more likely to become inactive adults