

HeadSmart

QUIZ

Let's check out your brain cells and get them into gear with this quiz.

Q1. Why is a computer like a human brain? Write down how you would explain it to me.

Q2. Your brain has a protective skull. The adult skull depth is around 7mm.

How thick is the average skull of a 12 year old? 3mm 4mm 5mm 6mm

Q3. Approximately how long does it take for the human brain to develop (fully load)?

10 years 25 years 30 years 40 years

Q4. A cycle helmet can help to reduce the severity of a head injury by how much?

50% 75% 85% 100%

Q5. What does the abbreviation ABI stand for when describing a type of brain injury?

Atrocious Brain Injury Acquired Brain Injury Awful Brain Injury Absolute Brain Injury

Q6. What are most helmets made from?

Metal Foam Titanium Expanded polystyrene

Q7. What is the most complex computer available to us?

Apple MAC DELL Our own brain X Box

Q8. Which 2 items must all new bikes have on by law?

A basket Water bottle Pump Bell Reflectors

Q9. How much impact energy can a cycle helmet absorb?

2MPH 5MPH 12MPH 30MPH

Q10. If you are right handed, which area of your brain has the speech centre that allows you to speak?

Right Left Front Back



ANSWERS: 1 (-), 2 - 5mm, 3 - 25 yrs, 4 - 85%, 5 - Acquired brain injury, 6 - Expanded polystyrene, 7 - Brain, 8 - Bell & reflectors, 9 - 12MPH, 10 - Left