



**Can you answer the following questions?**

Note:- You may need to do a little research on the internet or by asking your parent(s) to understand the questions and provide your answers.

<b>What foods would be appropriate to eat before undertaking a long hike? (circle your answers)</b>	
1. Nuts	7. Burger
2. Berries	8. Chips
3. Pasta	9. Soup
4. Pizza	10. Kebab
5. Curry	11. Meat
6. Flapjacks	12. Vegetables

<b>How much sleep should you get on an average night? (circle your answer)</b>
1 hour
4 hours
8 hours
12 hours
6 hours
10 hours

<b>Which of these can be harmful to your health? (Circle your answer)</b>
1. Smoking
2. Paracetamol
3. Marijuana
4. Alcohol
Item 1, 3 and 4
All of the Above

**1) Why is it important to get enough sleep and eat correctly?**

**2) Explain the dangers and harmful effects of smoking.**

**3) Explain the dangers and harmful effects of drugs.**

**4) Explain the dangers and harmful effects of alcohol.**

**Signed :-**

**(Parent / Guardian)**

Please ensure that this short diary is completed by the Scout and is a true reflection of what they did as part of the Skills Challenge.