

Somerset Youth & Community Service

Independent Living Quiz



(Information correct when quiz was created in June 2016)

Money

1. What is the minimum age you can get a credit card?
 - a. 18
 - b. 16
 - c. 21
 - d. 14
2. What is the maximum amount you can pay into an ISA (tax free savings) each year?
 - a. £10,000
 - b. £3,970
 - c. £15,240
 - d. £5,500
3. What is the basic rate of income tax which people earning between £11,000 and £43,000 per year pay?
 - a. 21%
 - b. 27%
 - c. 15%
 - d. 20%
4. If a 19 year old was claiming Job Seekers Allowance, how much would they get each week?
 - a. Up to £43.10
 - b. Up to £57.90
 - c. Up to £68.20
 - d. Up to £103.00
5. What should you do if you lose your debit card?
 - a. 'Borrow' someone else's card
 - b. Contact the company to report it lost as soon as possible
 - c. Nothing – it's got a PIN code so it's fine
 - d. Get your mum to sort it out when you get home

Home

6. What is the average monthly cost of renting a one bedroom property in Somerset?

- a. £704
- b. £569**
- c. £435
- d. £682

7. Which of these is a fixed cost?

- a. Water
- b. Telephone
- c. Electric
- d. Rent**

8. Who will send you your bill for council tax?

- a. The County Council
- b. The District Council**
- c. Central Government
- d. The Council Tax Agency

9. Where will you find the stopcock to shut off your water supply in an emergency?

- a. Under the sink
- b. On the outside wall
- c. It depends – it's different in every home**
- d. Under the stairs

10. How often should you wash your bath towels?

- a. After every use
- b. One a week**
- c. Once a fortnight
- d. When it looks dirty or smells

Health

11. The NHS recommends adult do strength exercises that work all major muscles two or more days per week, plus...

- a. 150 mins of moderate or 75 mins of vigorous aerobic activity**
- b. 60 mins of moderate or 30 mins of vigorous aerobic activity
- c. 100 mins of moderate or 50 mins of vigorous aerobic activity
- d. 120 mins of moderate or 100 mins of vigorous aerobic activity

12. What is the recommended maximum weekly alcohol intake for adults?

- a. 20 units
- b. 4 units
- c. 14 units**
- d. 10 units

13. How often should you brush your teeth?

- a. Once a day
- b. Every time you eat or drink
- c. Two or three times a week
- d. Twice a day**

14. How many calories should the average person consume per day?

- a. 3000 for men and 2000 for women
- b. 2500 for men and 2000 for women**
- c. 2000 for everyone
- d. 1500 for men and 1200 for women

15. What does a prescription cost for someone who is in work?

- a. £8.40 per item**
- b. £5.00 per item
- c. £7.95 per item
- d. They're free of charge

Food & cooking

16. Which of these is highest in vitamin C?

- a. 100 grams of orange (53.2 mg)
- b. 100 grams of boiled broccoli (64.9 mg)**
- c. 100 grams of grapefruit (31.2 mg)
- d. 100 grams of boiled cauliflower (44.3 mg)

17. How long does it take to boil a dippy egg?

- a. 6 minutes
- b. 3 minutes
- c. 5 minutes**
- d. 2.5 minutes

18. What ingredients do you use to make a basic sponge cake?

- a. Butter, sugar, eggs & flour**
- b. Sugar, flour and milk
- c. Flour, water and chocolate
- d. Eggs, sugar, vanilla, milk and honey

19. Which of these cooking methods doesn't need water?

- a. Boiling
- b. Poaching
- c. Steaming
- d. Roasting**

20. What is the most common cause of food poisoning?

- a. Reheated rice**
- b. Undercooked chicken
- c. Dirty cutlery or plates
- d. Sneezed on food

The law

26. What is the minimum age you can buy alcohol?

- a. 21
- b. 18**
- c. 16
- d. 25

27. What's the minimum age you can buy cigarettes?

- a. 16
- b. 14
- c. 18**
- d. 21

28. What must be in place for you to drive a car?

- a. Furry dice, alloy wheels and a good stereo.
- b. A driving licence and insurance
- c. Owners permission, valid insurance, MOT if necessary, tax, appropriate driving licence**
- d. Owners permission, valid insurance, MOT if necessary, tax, appropriate driving licence, UK passport, Donor card.

29. What is the minimum age you can legally baby sit?

- a. 14
- b. There is no minimum age, it depends on how responsible you are.**
- c. 18
- d. 16

30. What is the maximum penalty for shoplifting?

- a. Return or pay for the goods plus up to £500 fine
- b. One year on probation
- c. 100 hours of community service
- d. Seven years in prison**

Employment

31. What is the minimum wage for 18-20 year olds?

- a. £3.87 per hour
- b. £5.00 per hour
- c. £5.30 per hour**
- d. £7.20 per hour

32. What's the minimum number of days paid holiday (including bank holidays) employers have to give full time staff each year?

- a. 20 days
- b. 28 days**
- c. 32 days
- d. 15 days

33. How long do you usually have to work for a company before you're entitled to redundancy pay?

- a. Two years**
- b. One year
- c. From the time you sign a contract
- d. Six months

34. Workers are entitled to a minimum 20 minute rest break if their working day is longer than how many hours?

- a. 4
- b. 8
- c. 7.5
- d. 6**

35. What's the maximum number of hours a 16 or 17 year old who has left school can work per week?

- a. 40**
- b. 35
- c. 37
- d. 48