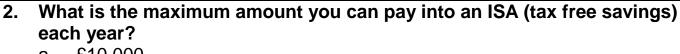
# Somerset Youth & Community Service Independent Living Quiz



(Information correct when quiz was created in June 2016)

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1.	what is the minimum age you can get a credit card?					
	a.	18				
	b.	16				
	C.	21				
	d.	14				



- 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

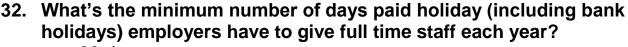
## 28. What must be in place for you to drive a car?

- 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.	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.	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			



- 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