

Circle the best answer below:

- 1 If you decide to eat while you are working, you should eat:
  - A Healthy food like fruit, vegetables and wholegrains.
  - B Sugary food.
  - C Fatty food.
  - D Food that is juicy and runs all over your homework.
  
- 2 Ergonomics in the home study environment is about:
  - A Your home budget.
  - B Making sure your work space is safe, comfortable and easy to use.
  - C Time management.
  - D Learning how to read more effectively.
  
- 3 Taking regular breaks while you are working is important to:
  - A Make sure you are up to date with reality TV.
  - B Reduce eye strain.
  - C Make your homework time take longer.
  - D Keep your parents happy.
  
- 4 RSI stands for:
  - A Repetitive Stress Injury
  - B Rowing Stress Injury
  - C Repetitive Strain Injury
  - D Repetitive Strain Ideology
  
- 5 Some of the causes of RSI include:
  - A Doing repetitive tasks.
  - B Working in an environment that is too cold.
  - C Using the wrong equipment for the task.
  - D All of the above.
  
- 6 You may have lighting issues if you have:
  - A A high electricity bill.
  - B Blurred vision.
  - C A sore foot.
  - D A high phone bill.
  
- 7 A good home study environment will be:
  - A Painted blue to keep you calm.
  - B Loud and fun.
  - C Free of clutter.
  - D Freezing cold to keep you awake.
  
- 8 If a student is studying for a test, they should switch music off (unless it is classical music).
  - A TRUE
  - B FALSE
  
- 9 If students try to work in front of TV, it probably won't take longer to complete.
  - A TRUE
  - B FALSE
  
- 10 Having Facebook open will not affect how long your work takes.
  - A TRUE
  - B FALSE