



Health Quest: Walking and Biking to School

Pre and post questions - please mark true or false.

1. Walking and bicycling to school has benefits to your health and learning. T F
2. Walking and bicycling to school doesn't pollute our environment. T F
3. The national Safe Routes to School program encourages towns to build more roads. T F
4. Statistically, it is more dangerous to drive a car to school than to walk or bicycle. T F
5. In general, the reason kids at our school don't walk or bike to school is because it's safer to drive. T F
6. I know approximately how many children at my school regularly walk and bike to school. T F
7. I can explain to parents and other adult in my community why walking and bicycling to school is an overall healthier choice than driving a car. T F
8. I think that walking and bicycling to school is an overall healthier choice than driving a car. T F
9. Choose the five main features of a SRTS program:
 - e pluribus unum
 - excellence
 - eradication
 - education
 - enforcement
 - ergonomics
 - engineering
 - economics
 - encouragement
 - estimation
 - efficiency
 - evaluation

10. Choose the best ways to promote walking and biking to our school:
- a. make drop-off and pick-up a safe experience for walkers/bicyclists
 - b. reward children who walk and bike to school
 - c. reward parents who walk and bike their children to school
 - d. work with the police to enforce laws which support walkers and bicyclists
 - e. remove parking in front of the school
 - f. form parent-led walking and bicycling groups to get to/from school
 - g. all of the above

11. Write 2-3 things that our community can do to make walking and bicycling to school a more common choice:

1.

2.

3.