

Food

1. When purchasing vegetables from the grocery store, which of the following options will offer the lowest levels of harmful chemicals?
- a. Dehydrated vegetables
 - b. Organic vegetables
 - c. Frozen vegetables
 - d. Canned vegetables

200 points

The correct answer is b, "Organic vegetables." Dehydrated, canned, and frozen vegetables are all potentially grown with pesticides, which can have health impacts ranging from headaches to cancer. Additionally, canned and plastic-wrapped food items can contain BPA, a chemical which can impact endocrine system functioning.

2. When grilling meat, what is one way to decrease your exposure to environmental toxins?
- a. Add water to the grill to "steam" the meat
 - b. Open the grill periodically to let the heat dissipate
 - c. Cook the meat on low heat with a marinade
 - d. Cook the meat until it is extra, extra well-done.

400 points

The correct answer is c, "Cook the meat on low heat with a marinade." Grilling on low heat with a marinade will reduce the likelihood of meat with "char." Char is a source of PAH's which are known to reduce the body's ability to fight disease.

2. When reheating leftovers, which of the following methods of reheating would be the BEST option from an environmental health standpoint? Warming up the food in a...
- a. Non-stick pan on the stovetop
 - b. Plastic Tupperware container in the microwave
 - c. Styrofoam container in the microwave
 - d. Glass Tupperware container in the microwave

600 points

The correct answer is d, "Warm the food up in a glass Tupperware container in the microwave." Nonstick coatings, Styrofoam, and plastic Tupperware containers contain harmful chemicals which can leach into your food, especially when heated.

3. Which of the following fish are known to have low levels of mercury?
- a. Salmon
 - b. Swordfish
 - c. King Mackerel
 - d. Tuna

800 points

The correct answer is a, "Salmon." Swordfish, King Mackerel, and Tuna are all known to have high levels of mercury, so consider eating these types of fish in moderation. In addition to salmon, alternatives that are low in mercury include shrimp, pollock, and catfish.

Personal Care Products

1. Which of the following chemicals commonly found in mouthwash and toothpaste should be avoided due to their endocrine disrupting qualities?

- a. Triclosan
- b. Throxidine
- c. Geronium
- d. Pesticides

200 points

The correct answer is a, "Triclosan (TCS)."

2. Which of the following can be used as a healthy alternative to fragranced body lotions (which commonly contain chemicals known to disrupt proper endocrine system functioning)?

- a. Bath & Body Works Sweet Pea Moisturizer
- b. Coconut Oil
- c. Keratin infused sea salt
- d. Sunblock

400 points

The correct answer is b, "Coconut oil."

3. Which of the following actions can help you to avoid exposure to harmful toxicants in personal care products?

- a. Read labels carefully before buying
- b. Avoid using pigmented products such as makeup, hair dyes, and nail polish
- c. Select products that have "fragrance-free" and/or "no synthetic fragrances"
- d. All of the above

600 points

The correct answer is d, "all of the above." All of these tactics could help to protect you from environmental chemicals.

4. From an environmental health standpoint, which of the following answers is the BEST option for sun protection?

- a. Baby oil
- b. Spray-on sunscreen
- c. Sunscreen containing "benzophenone-3"
- d. Wide-brimmed hats and long sleeved clothing

800 points

The correct answer is d, "Wide-brimmed hats and long sleeved clothing." Wearing sunscreen which contains non-nano zinc oxide or titanium dioxide would also be a great alternative to traditional spray-on/lotion sunscreens.

Home

1. Which of the following are NOT proper alternatives for most of the chemical-based cleaning products that are on the market today?

- a. Apple juice
- b. White distilled vinegar
- c. Lemon juice
- d. Baking Soda

200 points

The correct answer is a, "Apple juice." White distilled vinegar, Lemon juice, and Baking Soda are all healthy alternatives to most cleaning products sold today.

2. Which of the following household items are sometimes known to contain lead, especially in older homes?

- a. Gas stoves
- b. Paint
- c. Floor sealants
- d. Carpeting

400 points

The correct answer is b, "Paint." Call the National Lead Information Center for information on how to prevent exposure to lead at 800-424-LEAD.

3. What is the proper way to dispose of a mercury thermometer?

- a. Throw it in the trash
- b. Flush it down the toilet
- c. Bring it to your city's household hazardous waste collection facility
- d. Give it to your friend

600 points

The correct answer is c, "Bring it to your city's household hazardous waste collection facility."

4. Which of the following furniture choices would be best if you're looking to avoid flame retardants (chemicals which are known to interfere with the body's hormone regulation)?

- a. Furniture with labels stating "TB 117-2013."
- b. Leather furniture
- c. Furniture with labels stating "TB 117" or "technical bulletin 117"
- d. Furniture made from Polyurethane.

800 points

The correct answer is a, "Furniture with labels stating 'TB 117-2013.'" There is no data to show that adding flame retardants to furniture (labeled with TB-117) improves fire safety, but there is data showing that these chemicals can be harmful to human health.

Clothing

1. Which of the following items slowly turns from a solid-state to toxic vapor and should be avoided for your health?

- a. Crocs
- b. Mothballs
- c. Shoe Polish
- d. Powdered laundry detergent

200 points

The correct answer is b, "mothballs." When you smell mothballs, the scent you are inhaling is actually toxic insecticide. Avoid using these in your home if possible.

2. When doing laundry, which of these products can be used in place of fabric softener, which often contains undisclosed chemicals and harmful fragrances?

- a. Dish soap
- b. Baking soda and vinegar
- c. Lemon juice and conditioner
- d. Organic coconut oil

400 points

The correct answer is b, "baking soda and vinegar." Add the baking soda during the wash cycle, and add the vinegar during the rinse cycle.

3. What is the approximate quantity of synthetic fertilizers needed to make one cotton t-shirt?

- a. 1 teaspoon
- b. 1 handful
- c. 1/3 pound
- d. 2 pounds

600 points

The correct answer is c, "1/3 a pound." In order to grow one pound of raw cotton, which is the average amount needed to make a tee-shirt, it takes almost a [1/3 pound](#) of fertilizers.

4. What is the healthiest course of action for cleaning a garment which says "dry clean only" on the label?

- a. Take it to the dry cleaner and ask for a standard cleaning.
- b. Take it to the dry cleaner and ask for a "wet clean."
- c. Hand wash the garment yourself with water.
- d. Throw the garment away.

800 points

The correct answer is c, "Hand wash the garment yourself with water." Most clothing that says "dry clean only" can be cleaned in this manner. Dry cleaners often use dangerous chemicals