**Nutrition and Falls Prevention Quiz**

1. How many cups of water a day would Elvis Presley need to keep hydrated?

* 5 cups of water
* 8 cups of water
* 10 cups of water

*It’s important to stay hydrated as without water you may start to feel lightheaded and uneasy!*

2. The queen liked to eat small portions throughout the day. How many small portions should she have eaten to prevent her from having a fall?

* 3 to 4 plates
* 4 to 5 plates
* 5 to 6 plates

*Eating small but regular meals helps you to maintain your weight and therefore prevent you from having a fall.*

3. No one likes having to do their chores throughout the day! Is it true that doing your chores will help you keep steady on your feet?

* Yes
* No

*So unfortunately, this is not an excuse to get someone else to do your chores! As tempting as that may feel!*

4. What is Elton John’s favourite song to dance to?

* Rocket man
* Your song
* Goodbye yellow brick road

*Dancing is a great way to prevent yourself from falling! But also something you can implement into your daily lives! Why not have a dance with your arms and feet whilst seated! Or have a boogie whilst walking to the dining room?*

5. What could be hazardous in your home, that could make your chances of having a fall bigger?

* A blanket on the sofa
* A tv stand in the corner of the room
* A rug in the middle of the floor

*Unfortunately, as pretty as rugs can be, they can also be a little bit hazardous! It’s usually best to keep the floor nice and clear so it’s easy to walk on!*

6. What is the safest footwear to wear around the house?

* Slippers with sturdy ankles
* Socks
* No shoes

*Good fitting slippers can help keep you nice and safe! They can give you lots of support which is important when walking around the house and can reduce the chance of you stubbing your toe!*