

Eco Baby Quiz

Answers are below.

1. How many disposable diapers does the average baby use from birth to potty training?

- A.) 1,500 B.) 3,600 C.) 4,500 D.) 6,000

2. How many years does it take a disposable diaper to decompose?

- a.) 5-10 b.) 20-40 c.) 100-150 d.) 200-500

3. Which of these fruits is NOT included on the 2013 “Dirty Dozen” list of produce to avoid due to pesticide contamination levels?

- a.) grapes b.) cantaloupe c.) strawberries d.) apples

4. Which of these fish should pregnant women avoid eating due to unsafe levels of mercury?

- a.) Orange roughy b.) Whitefish c.) Freshwater trout d.) Salmon

5. What does BPA stand for?

Write your answer.

6. What are V.O.C.s?

Write your answer.

7. Which of these is the most flame resistant natural fabric?

- a.) Wool b.) Nylon c.) Cotton d.) Polyester-cotton blend

8. The safest plastics have a number 2, 4, or 5 on them surrounded by a triangle. **T or F**

9. Heating foods in plastic containers causes harmful chemicals to leach into the foods. **T or F**

10. The use of lead in all aspects of toy production has been banned in the U.S. **T of F**

11. A recent Nielson Company Report indicates that children ages two-five years old now spend more than this amount of hours a week in front of a TV screen.

- a.) 12 hours b.) 20 hours c.) 25 hours d.) 32 hours

12. Spending time outside raises levels of this vitamin, which helps protect children from future bone problems, heart disease, diabetes and other health issues.

- a.) Vitamin C b.) Vitamin D c.) Vitamin B2 d.) Vitamin E

13. Exposure to nature can reduce children's stress levels by as much as:

- a.) 10% b.) 19% c.) 28% d.) 36%

Answer Key:

1. D

2. D. Washing cloth diapers takes water, energy, and chemicals (not to mention time), but you might want to consider the benefits of a laundering service. One study has found that home-washing cloth diapers has only 53 percent of the ecological footprint of disposables, and if you use a diaper laundering service that impact is halved again.

3. B

4. A

5. Bisphenol a is an endocrine disruptor -- meaning it mimics hormones in our bodies, upsetting the delicate natural balance and changing the way babies develop -- used often in polycarbonate plastic water bottles. When it's done in baby's body, it enters the water system, where it effects the hormonal development of fish and other aquatic life. In addition, BPA has been found in products made from polycarbonate plastics such as pacifiers, teethers, toys, baby seats. BPA mimics estrogen and studies have linked it to abnormal fetal development, cancer, early onset of puberty, aggressiveness and much more.

6. Many commonly used products, such as paints, aerosol sprays, air fresheners, carpets and

adhesives emit a variety of harmful chemicals into the air for months after they have been applied. These chemicals, collectively termed **volatile organic compounds**, can have a negative impact on indoor air quality and public health.

7. A. (only other natural fabric is cotton, which ignites easily)

8. True. These plastics are made from polyethylene and polypropylene which are regarded by the Society of the Plastics Industry (SPI) as safer forms of plastics. Avoid using plastics coded with a 1, 3, 6, or 7. These types of plastics contain chemicals that can bring about serious health concerns.

9. True. Avoid heating plastic to minimize the transfer of the plastic's components to your food and water. This includes placing your baby's bottles in the dishwasher or microwave.

10. False. The U.S. has only banned the use of lead in paints. Although regulated, the use of lead in plastics has not been banned in the United States. It is used to soften and stabilize the plastic; however, when the plastic is exposed to substances such as sunlight, air, and detergents, the plastic breaks down and may form a lead dust. Ann Arbor's Ecology Center has teamed up with 11 other public-interest groups around the country to conduct the first comprehensive tests of toxicity on more than 1,200 toys commonly sold to children under the age of 3.

The study found that 35 percent of the tested toys contained lead, and 17 percent contained lead above the federal recall level for lead paint. More than one-third contained some kind of harmful substance. Their website allows consumers to search for toys by name, brand and type. It offers rankings that reflect the level of different contaminants in the tested toys.

11. D.

12. B.

13. C