



brain break

morning tea



2025 Brain Break Quiz for Workplaces

Easy Questions

- Q1.** A baby koala is called a 'joey'. Which of the following Australian animals do NOT have babies called joeys?
- a) Kangaroo
 - b) Wombat
 - c) Dingo
 - d) Tasmanian devil
- Q2.** What causes the sound of your stomach rumbling when you are hungry?
- a) Bubbles of stomach acid popping when they react with food
 - b) Stomach muscles squeezing gas bubbles from air swallowed while eating
 - c) Eating lots of carrots and broccoli
 - d) Gas moving from your bloodstream into your stomach
- Q3.** Which type of material makes up most of the rubbish found on Australian beaches?
- a) Metal
 - b) Paper
 - c) Wood
 - d) Plastic
- Q4.** If you slip on ice or a banana peel, like in *Mario Kart*, what force do you not have enough of?
- Q5.** Indigenous Australian rock art is made using colours from natural materials, including charcoal and ground up rocks. What is the name for the ground up rocks used in rock art?



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Easy Questions (cont.)

- Q6.** What do whales feed their babies?
- Q7.** Which planet in the Solar System is closest in distance to Earth?
- a) Mercury
 - b) Venus
 - c) Mars
 - d) It depends on when you look
- Q8.** Which of the following minerals from the game *Minecraft* also exists in real life?
- a) Glowstone
 - b) Redstone
 - c) Amethyst
 - d) Netherite
- Q9.** What word is both the name of a Disney princess and another name for the spectacular 'Northern Lights' or 'Southern Lights' that can sometimes be seen from the northern and southern ends of the globe?
- Q10.** Up until around 50,000 years ago, Australia was home to flightless birds that could grow up to 2.5 metres tall and weighed up to 300kg (8 times as much as an emu). What were they nicknamed by scientists?
- a) The demon duck of doom
 - b) The extreme emu
 - c) The killer cassowary
 - d) The gigantic, ghastly goose



Answers

1. c) Dingo

A baby dingo is called a 'pup'. Other animals that have baby joeys include wallabies, possums and bilbies. These animals are all marsupials.

2. b) Stomach muscles squeezing gas bubbles

When you swallow food, you also swallow quite a lot of air. This means that there are often bubbles of air in your stomach. One of the steps in digesting food is that your stomach muscles squash and churn up the food. When there isn't much food in the stomach, the churning squeezes the air instead. This can make rumbling sounds. The name for the sound of a stomach rumble is 'borborygmus' (pronounced *bor-bo-rig-mus*).

3. d) Plastic

Researchers at Australia's CSIRO reported in April 2025 that the amount of plastic rubbish on Australian beaches is decreasing (going down), which was good news for coastal environments, but plastic waste still made up about three quarters of the rubbish on beaches. Some of the common items of rubbish found on beaches include drink bottles, cigarette butts, and food wrappers. You can help by taking your rubbish home after visiting the beach.

4. Friction

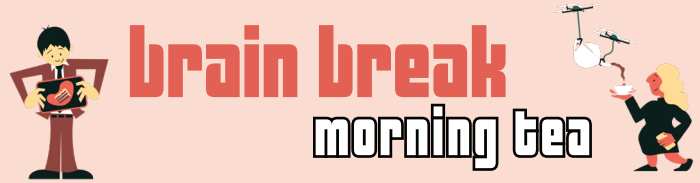
Friction is the force that happens when things rub against each other. Our shoe's grip comes from friction and if we don't have enough, we will slip. Friction can also happen when an object moves through a liquid or a gas.

5. Ochre

The colours of ochre include black, brown, pale yellow, orange, and red. The red ochre in rock art usually lasts the longest and it is made from a type of rock called 'haematite' which contains a lot of iron oxide.

6. Milk

Whales are mammals and all baby whales (calves) feed on milk from their mothers. Feeding milk to a baby underwater might sound challenging, but whales have adaptations that make sure their babies can drink plenty of milk to grow quickly.



Answers (cont.)

7. d) It depends when you look!

Venus is the planet that can get closest to Earth (around 38 million kilometres away). However, some planets move around the sun faster than others, so their relative positions change, causing the distances between them to vary. Sometimes Mercury or Mars are closer to Earth than Venus. While pictures of the solar system often show the planets all lined up neatly, this happens rarely.

8. c) Amethyst

Amethyst is a purple-coloured type of quartz. The other minerals in the list are fictional. Some other real-world minerals that can be mined in Minecraft are copper, diamond, emerald, gold, and iron.

9. Aurora

An aurora is a display of light in the sky caused by charged particles from the Sun hitting gas molecules in the Earth's atmosphere and causing the gas to glow. The Northern Lights are known as *Aurora Borealis* and the Southern Lights are called *Aurora Australis*.

10. a) The demon duck of doom

Their scientific name is *Dromornis planei*. They aren't exactly ducks, but did have a duck-like head. Scientists aren't 100% sure what they ate... they may have eaten plants or torn up meat and crunched bones! If we find more fossils, we may be able to learn more about them.