



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. List 2 functions of the skin.

\_\_\_\_\_

\_\_\_\_\_

2. The main role of the cells in the first layer of the skin, the \_\_\_\_\_, is to create new skin cells.

3. The second layer, the \_\_\_\_\_, tells your brain when you have touched something and also produces oil to keep the skin from getting dry.

4. The third layer of the skin is the \_\_\_\_\_ layer, and it helps the body stay warm.

5. True or False. Popping a pimple helps it heal faster. \_\_\_\_\_

6. List two ways to care for your skin each day.

\_\_\_\_\_

\_\_\_\_\_

7. Name three skin problems that may arise as a result of not wearing sunscreen with SPF and/or too much tanning.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. This condition is the result of the skin coming into contact with an allergen. It leaves the skin red, dry, and flaky.

- a. cold sores
- b. eczema
- c. wrinkles
- d. melanoma

9. In order to reduce the amount of acne you have, be sure to

- a. scrub your face with a washcloth
- b. wash your face as often as possible
- c. gently wash with mild soap twice a day

10. True or False. Eating chocolate or other sugary food causes acne. \_\_\_\_\_