



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

- Which of the following is a chemical in the skin that protects the skin by reflecting and absorbing UV rays?
 - vitamin D
 - melanin
 - ultraviolet
 - SPF
- When are the sun's rays the strongest?
 - between noon and 3 PM
 - between noon and 4 PM
 - between 10 AM and 2 PM
 - between 10 AM and 4 PM
- What do the letters SPF stand for? _____
- Why can you get sunburned more easily when you're boating or swimming?

- Explain the link between the sun and skin cancer.

- The upper layers of your skin are called the _____.
 - epidermis
 - dermis
 - melanin
 - pigment
- What is the largest organ in your body? _____
- True or false: You don't need sunscreen on a cloudy day. _____
- Which of the following types of ultraviolet radiation cause sunburns?
 - UVA
 - UVB
 - UVC
- List three of the skin's jobs.

