



## Quiz Answer Key

1. Which of the following is a chemical in the skin that protects the skin by reflecting and absorbing UV rays?

- a. vitamin D
- b. melanin
- c. ultraviolet
- d. SPF

2. When are the sun's rays the strongest?

- a. between noon and 3 PM
- b. between noon and 4 PM
- c. between 10 AM and 2 PM
- d. between 10 AM and 4 PM

3. What do the letters SPF stand for? sun protection factor

4. Why can you get sunburned more easily when you're boating or swimming?

You can get sunburned more quickly when swimming or boating because the reflection from the water intensifies the sun's rays.

5. Explain the link between the sun and skin cancer.

Too much exposure to the sun can increase the risk of skin cancer.

6. The upper layers of your skin are called the \_\_\_\_\_.

- a. epidermis
- b. dermis
- c. melanin
- d. pigment

7. What is the largest organ in your body? the skin

8. True or false: You don't need sunscreen on a cloudy day. false

9. Which of the following types of ultraviolet radiation cause sunburns?

- a. UVA
- b. UVB
- c. UVC

10. List three of the skin's jobs.

any three of the following: holds together our body parts, prevents harmful substances from entering the body, protects our body tissues from injury, protects our bodies from ultraviolet rays, controls loss of fluids like blood and water, helps keep our bodies at the right temperature, allows us to have the sense of touch