



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 p.m.
- b. between noon and 4 p.m.
- c. between 10 a.m. and 2 p.m.
- d. between 10 a.m. and 4 p.m.

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

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

Because the water or snow reflects more of the sun's rays onto your skin

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