



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

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

## Quiz

Instructions: Answer each question.

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? \_\_\_\_\_

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

5. Explain the link between the sun and 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? \_\_\_\_\_

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

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.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_