



Name: _____

Date: _____

Quiz Answer Key

Instructions: Answer each question.

- List 2 functions of the skin.
any two of the following: protects the body, regulates body temperature, allows for sense of touch, keeps everything in
- The main role of the cells in the first layer of the skin, the epidermis, is to create new skin cells.
- The second layer, the dermis, tells your brain when you have touched something and also produces oil to keep the skin from getting dry.
- The third layer of the skin is the subcutaneous layer, and it helps the body stay warm.
- True or false. Popping a pimple helps it heal faster. false
- List two ways to care for your skin each day.
any two of the following: wash hands with warm water, shower in warm water and use mild soap, gently wash your face with mild soap twice a day, use moisturizer if necessary, use sunscreen with SPF 15 or more
- Name three skin problems that may arise as a result of not wearing sunscreen or too much tanning.
any three of the following: skin cancer, wrinkles, blotchiness, leathery skin, brown spots

- True or false. You don't need to wear sunscreen if it's cloudy.
- To help reduce the amount of acne you have, be sure to:
 - scrub your face with a washcloth
 - wash your face as often as possible
 - gently wash with mild soap and water twice a day
- True or false. When you're outside, you should reapply sunscreen about every 2 hours. true