Quiz

Instructions: Answer each question.

1. List 2 functions of the skin.
   ______________________________________________________________________________________
   ______________________________________________________________________________________

2. The main role of the cells in the first layer of the skin, the ________________, is to create new skin cells.

3. The second layer, the ________________, tells your brain when you have touched something and also produces oil to keep the skin from getting dry.

4. The third layer of the skin is the ________________ layer, and it helps the body stay warm.

5. True or false. Popping a pimple helps it heal faster. ________________

6. List two ways to care for your skin each day.
   ______________________________________________________________________________________
   ______________________________________________________________________________________

7. Name three skin problems that may arise as a result of not wearing sunscreen or too much tanning.
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________

8. True or false. You don’t need to wear sunscreen if it’s cloudy.

9. To help reduce the amount of acne you have, be sure to:
   a. scrub your face with a washcloth
   b. wash your face as often as possible
   c. gently wash with mild soap and water twice a day

10. True or false. When you’re outside, you should reapply sunscreen about every 2 hours. ________________