Quiz Answer Key

Instructions: Answer each question.

1. 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

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

3. The second layer, the ___________ dermis ___________, 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 ___________ subcutaneous ___________ layer, and it helps the body stay warm.

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

6. 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

7. 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

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. _________true_________