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.
    ______________________________________________________________________________________
    ______________________________________________________________________________________
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