



Name: _____

Date: _____

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. _____