

## TEST YOUR SKIN SMARTS

Quiz

Name \_\_\_\_\_ Period \_\_\_\_\_

Now that you know all about your skin and how to keep it healthy, test your new knowledge with this two-part quiz.

### PART ONE: MULTIPLE CHOICE

Read each question below. Then put on your thinking cap. Consider each answer and check the correct one. Be careful! There are a few tricks along the way.

1. What is the name of the oil produced by the skin oil glands?  
 a. Oleo  
 b. Sebum  
 c. Animal fat
2. Which hormone triggers oil production?  
 a. Androgen  
 b. Estrogen  
 c. Oleogen
3. What is the deepest layer of skin called? (Hint: It contains fat and blood vessels.)  
 a. The epidermis  
 b. The submarine layer  
 c. The subcutaneous tissue
4. How many skin cells does the body have?  
 a. 20 million  
 b. 1 billion  
 c. 26 billion
5. How many layers does the skin have?  
 a. Two: the upidermis and the undidermis  
 b. Three: the epidermis, the dermis, and the subcutaneous tissue  
 c. Four: the unodermis, the duodermis, the triodermis, and the quadrodermis
6. What percentage of teenagers will get acne?  
 a. 100 percent  
 b. About 50 percent  
 c. About 85 percent
7. What is the skin oil gland called?  
 a. Oleo gland  
 b. Sebaceous gland  
 c. Derma gland

8. What ingredient is found in very effective acne medicines?  
 a. Tanning ingredients  
 b. Benzoyl peroxide  
 c. Abrasive granules
9. What is the function of the skin?  
 a. To protect internal organs from injury  
 b. To regulate the body's temperature  
 c. Both of the above
10. Who is more likely to have acne?  
 a. People who have dirty hair  
 b. People who have a parent who had acne  
 c. People who have friends who have acne

**PART TWO: TRUE OR FALSE**

Read each statement below and decide if it is true or false.  
Circle the correct answer T for true, F for false.

1. T or F Your skin is the body's largest organ.
2. T or F Harsh scrubbing to dry out your skin will cure acne.
3. T or F Exercise is good for your skin because it brings blood and oxygen to it.
4. T or F A deep, rich tan is good for your skin because it will clear up acne.
5. T or F Picking at pimples can cause acne to become inflamed.
6. T or F Inflamed acne can lead to serious scarring.
7. T or F There are no treatments that will improve acne.
8. T or F Teens get acne because their bodies change and create more hormones.
9. T or F Eating chocolate or such greasy foods as pizza and potato chips can cause acne.
10. T or F If a person gets acne, he or she should seek advice from a dermatologist.