TEST YOUR SKIN SMARTS

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 subcutaneous tissue
   ____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 epidermis 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

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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.