Foundations 1E Quiz Questions Lesson 2.1

1. All of the following are examples of good hygiene EXCEPT

a. washing your face and hands

b. showering

c. brushing your teeth

d. using hair gel

Answer: \_\_\_\_\_

2. The \_\_\_\_\_\_\_\_\_\_ contain(s) melanin, or the cells that give skin its color.

a. dermis

b. epidermis

c. follicles

d. hypodermis

Answer: \_\_\_\_\_

3. Acne is most likely to develop from

a. drinking caffeinated beverages

b. eating chocolate

c. eating greasy foods

d. hormone changes during puberty

Answer: \_\_\_\_\_

4. All of the following are recommended for care of the teeth EXCEPT

a. brushing with a hard bristle brush

b. brushing twice a day

c. regular visits to the dentist

d. flossing every day

Answer: \_\_\_\_\_

5. Shelley spends all of her extra money on skin treatments for her acne so that she can look like the “after” image of the face model in social media ads. What conclusion can you draw about Shelley’s behavior?

a. She is a careful shopper.

b. She is influenced too much by altered or flawless images on social media.

c. She pays too much attention to her own appearance.

d. She is using social media images in a healthy way to improve herself.

Answer: \_\_\_\_\_