Foundations 1E Lesson 2.1 Quiz Answers

Title: Lesson 2.1 Quiz

Topic: L2.1LO1: Define what hygiene is and explain why it is important.

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

Title: Lesson 2.1 Quiz

Topic: L2.1LO2: Understand the anatomy of the skin, hair, and nails.

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

a. dermis

\*b. epidermis

c. follicles

d. hypodermis

Title: Lesson 2.1 Quiz

Topic: L2.1LO3: Identify common problems with skin, hair, nails, and teeth.

3. Acne is most likely to develop from

a. drinking caffeinated beverages

b. eating chocolate

c. eating greasy foods

\*d. hormone changes during puberty

Title: Lesson 2.1 Quiz

Topic: L2.1LO3: Identify common problems with skin, hair, nails, and teeth.

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

Title: Lesson 2.1 Quiz

Topic: L2.1LO4: Evaluate the effects media have on our skin and hair care.

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.