

## Developing Good Hygiene

1. \_\_\_\_\_ is the practice of keeping yourself in good health by maintaining your personal cleanliness.

2. Name four examples of good hygiene.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

## Your Skin

3. Your skin is the largest organ you have. What are two ways your skin keeps you healthy?

a. \_\_\_\_\_

b. \_\_\_\_\_

4. Fill in the blanks with the correct layer of skin.

\_\_\_\_\_ (outermost): Protects you from the environment and contains melanin, the cells that give skin its color



\_\_\_\_\_ (middle): Contains the hairs you see on your skin, sweat glands, blood vessels, and nerves



\_\_\_\_\_ (inner layer): Contains blood vessels, fat, and more nerves; connects the skin to the muscles and bones underneath

## Caring for Your Skin

5. Identify four tips for good skin care.

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## Recognizing and Treating Common Skin Problems

6. \_\_\_\_\_ will experience skin problems or skin irritations at some point in their life. Most skin problems are temporary and can be treated.
7. Fill in the correct skin conditions in the boxes.

<input type="text"/>	A skin condition that occurs when skin cells, oil glands, and hair follicles clog, causing a collection of pimples that usually form on the face, back, chest, and shoulders
<input type="text"/>	Different types, but most cause dry, itchy skin and rashes on the face, inside the elbows and behind the knees, and on the hands and feet
<input type="text"/>	Will make the skin turn red and hot to the touch

## Detecting Skin Cancer

8. Skin cancer (called melanoma) is the most common cancer in the United States. Fill in the blanks below to complete the list of ways to prevent skin cancer.

- ✓ Seek shade, especially in the middle of the day.
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ Wear sunglasses that block UVA (long wave) and UVB (short wave) sun rays.
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## CHAPTER 2 Personal and Consumer Health

### Lesson 2.1

9. Explain the ABCDE method.

A = \_\_\_\_\_

B = \_\_\_\_\_

C = \_\_\_\_\_

D = \_\_\_\_\_

E = \_\_\_\_\_

### Your Hair and Nails

10. Hair grows all over your body except your \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

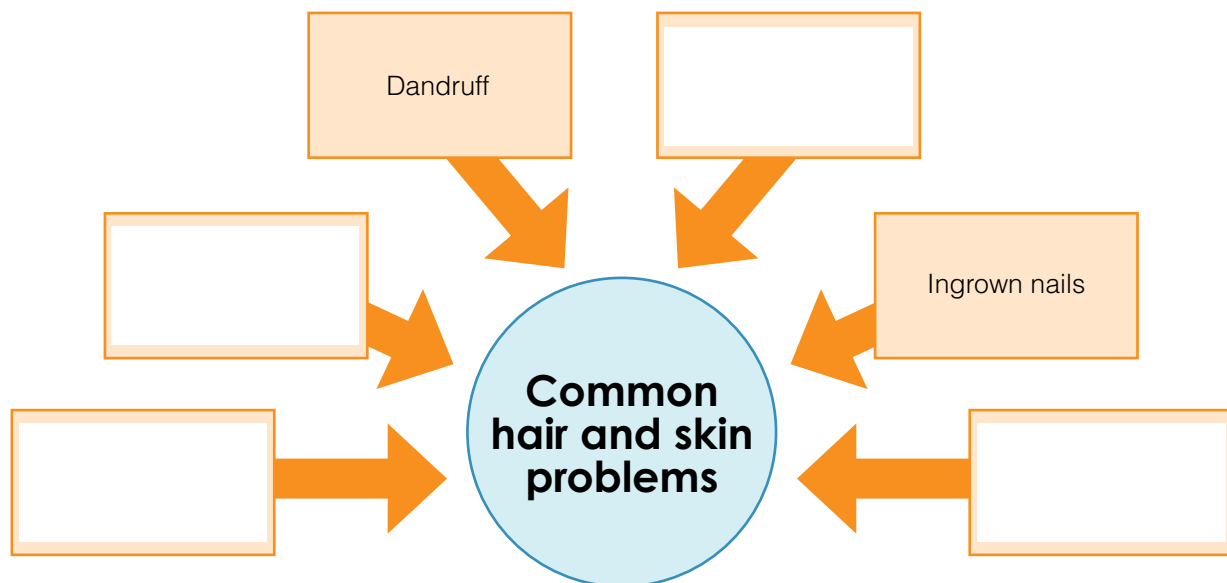
11. Hair helps keep you warm and protects openings like the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ from small particles in the air.

12. Your nails are made up of a hard protein called \_\_\_\_\_.

13. It is normal to sometimes get \_\_\_\_\_ on your nails, or to have ridges that run from top to bottom of your nail.

14. Be careful not to remove the \_\_\_\_\_, because that can cause \_\_\_\_\_.

15. Complete the chart below by identifying the common hair and nail problems that are missing.



## Your Mouth and Teeth

**16.** Describe the three parts of teeth in the following boxes.

Crown
_____

↓

Neck
_____

↓

Root
_____

## Caring for Your Mouth and Teeth

**17.** Describe the two most important things you can do to care for your mouth and teeth.

1. \_\_\_\_\_
2. \_\_\_\_\_

## Common Problems With the Mouth and Teeth

- 18.** Describe common problems with the mouth and teeth in the table below.

Common Problem	Description
Crooked or crowded teeth	
Tooth decay	
Gum disease	
Cold sores	
Bad breath	
Teeth grinding	

## Analyzing Influences: Beauty, Media, and Technology

- 19.** Identify four things technology allows the media to alter.

1.

2.

3.

4.