

Family Quiz: What Do You Know About the Skin You're In?



- Acne is a normal condition that most often appears during _____.
 A adulthood B infancy C puberty D college
- If you pop a pimple, the pimple will _____.
 A come back larger B vanish C be painful when touched D both a and c
- Glands in the skin produce an oily substance called _____.
 A sebum B follicles C whiteheads D debris
- _____ are a type of acne.
 A Whiteheads B Blackheads C Cysts D a, b, and c
- When the shape of one half of a mole does not match the shape of the other half of the mole, the mole is _____.
 A asymmetrical B symmetrical C small D large
- When applying sunscreen, use one with an SPF of at least _____.
 A 4 B 15 C 30 D 60
- _____ will help protect your skin from getting a sunburn.
 A Daily exposure to sun B Avoiding sun from 10 a.m.–4 p.m. C A hat D b and c
- _____ rays from the sun (and indoor tanning booths) penetrate and damage the dermis, the body's second layer of skin.
 A UVA B UVB C UVV D UVW
- The word *dermatitis* means _____ of the skin.
 A darkening B shrinking C inflammation D lightening
- Having skin that is _____ is a sign that you may have atopic dermatitis.
 A dry B red C itchy D a, b, and c
- Doctors believe that atopic dermatitis can be passed down genetically, meaning that you could inherit the disease from your _____.
 A classmates B parent C cousin D sister
- Exposing your body to _____ can possibly irritate your skin and worsen atopic dermatitis.
 A harsh soaps B hot showers C perfume D a, b, and c

 SCHOLASTIC

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ANSWERS
 1. C 2. D 3. A 4. D 5. A 6. C 7. D 8. B 9. C 10. D 11. B 12. C