

Ch.2 Lesson 1 & 2 Unit Test Study Guide
Health 5-Mrs. Maus

Name: _____ **Hour** _____ **Test Date:** _____

1. What are the 4 main functions of our skin?

2. What are the 2 main layers of skin? _____

Which layer is visible from the outside of the body? _____

3. How often should you someone your age take a shower? _____

Why? _____

4. Why do you need to wear deodorant EVERY day? _____

5. What is the skin problem that is common to teens/preteens? _____

6. What are three do's and three don'ts when dealing with acne? _____

7. What are 3 things that UV rays do to the skin? _____

8. What are three things you can do to help prevent damaging your skin from the sun? _____

9. If you are heading to the beach at 12:00, what is the latest time that you should apply sunscreen? _____

10. What is the name of the DEADLIEST form of skin cancer? _____

11. What are three factors that increase your risk of melanoma? _____

12. If found early is melanoma curable? _____

13. Define the A, B, C, D properties of melanoma?

A _____ B _____

C _____ D _____

14. How can someone safely get a tan? _____

15. Do most people need to wash their hair EVERY day? _____

16. Why doesn't it hurt to have your hair cut? _____

17. What are the three jobs of the mouth? _____

18. What is the sensitive area of the tongue that helps us to taste things called? _____

19. What are two things that you should do every day to help care for your teeth? _____

20. Why is flossing so important to caring for your teeth? _____

21. Explain the process of tooth decay? _____

