

**Personal Health Unit Test Study Guide  
Health 5-Mrs. Maus**

**Test Date:** \_\_\_\_\_

**Name:** \_\_\_\_\_ **Hour** \_\_\_\_\_

- 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 3 do's and 3 don'ts when dealing with acne?**
  
  
- 7. What are 3 things that UV rays do to the skin?**
  
  
- 8. What are 3 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 3 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 3 jobs of the mouth?**

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

**19. What are 2 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?**