

Your Pimple Knowledge

Lesson Title: Skin Care: Acne

Page 1 of 2

Name: _____

Directions: Circle the letter of the correct answer.

- The color and texture of your skin is determined by your _____.
A. blood type B. gender C. intelligence D. genetics
- Subcutaneous tissue, the third layer of skin, helps your body _____.
A. store oil glands B. produce melanin C. stay warm D. create new skin cells
- To avoid dry skin, you should limit your shower and bath time to _____ minutes.
A. 15 B. 25 C. 35 D. 45
- Experts say that acne is caused by _____.
A. drinking soda B. eating fast food C. dirty skin D. hormones and heredity
- Studies show that _____ are the most likely to have severe and long-term forms of acne.
A. young women B. young men C. older women D. older men
- Red pimples with white centers, called _____, are considered a severe form of acne.
A. nodules B. papules C. pustules D. comedones
- Experts suggest that the best way to treat severe acne is to _____.
A. reduce stress B. avoid oily foods C. ignore it D. take prescription medication
- Acne is a disorder of the skin's _____ that results in clogged pores and lesions (pimples).
A. sweat glands B. sebaceous glands C. hair follicles D. nerve endings
- _____ is **not** a factor that can make acne worse.
A. Eating chocolate B. Greasy makeup C. Pollution D. High hormone levels
- The purpose of acne treatment is to _____.
A. produce sebum B. reduce stress C. remove skin D. prevent scars

Your Pimple Knowledge

Lesson Title: Skin Care: Acne

Page 2 of 2

Name: _____

11. People with acne should wash their faces gently with a mild cleanser _____.

A. once a day

B. twice a day

C. once a week

D. twice a week

12. People who squeeze, pick at, or pinch their pimples risk developing _____.

A. scars

B. wrinkles

C. sun spots

D. skin cancer