LESSON 2.1 Healthy Skin, Hair, and Nails Note-Taking Guide

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. Largest _____ you have
4. Plays an important role in keeping you healthy because it provides a _____ to all sorts of pathogens in the environment, helps to protect every other organ in your body, and keeps your body temperature normal

Layers of the Skin

5. 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

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Caring for Your Skin

6. Identify four tips for good skin care.

✓ _____
✓ _____
✓ _____
✓ _____

Recognizing and Treating Common Skin Problems

7. _____ will experience skin problems or skin irritations at some point in their life. Most skin problems are temporary and can be treated.

8. Fill in the correct skin conditions in the boxes.

	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
	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
	Will make the skin turn red and hot to the touch

Detecting Skin Cancer

9. Skin cancer is the _____ common cancer in the United States.

10. Performing regular skin checks can help you _____ skin cancer early.

11. Explain the ABCDE method.

A = _____
B = _____
C = _____
D = _____
E = _____

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Your Hair and Nails

12. Hair grows all over your body; it helps keep you _____ and _____ openings like the eyes, ears, and nose from small particles in the air. Most hair grows for up to six years and then falls out and is replaced by new hair.

13. Your nails are made up of a hard form of _____ called keratin. Healthy nails are usually smooth and consistent in color. When the nails become discolored or have big pits on them, it can be a sign of disease.

14. Identify two ways to care for your hair and nails.

    1. _____

    2. _____

Analyzing Influences: Beauty, Media, and Technology

15. Identify four things technology allows the media to alter.

    1.

    2.

    3.

    4.

16. It is important not to let _____ images influence your health behaviors when it comes to your hair and skin.

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