

**Click the option that correctly answers each question.**

1. What is the most harmful disease caused by overexposure to the sun?

- a. acne      b. alopecia      c. skin cancer      d. Vitiligo

2. What do we call a cream or lotion that screens out harmful ultraviolet rays?

- a. Oil      b. Cleanser      c. Moisturiser      d. Sunscreen

4. What vitamin helps your body to resist and fight infection, and help wounds to heal properly?

- a. Vitamin C      b. Calcium      c. Vitamin B      d. Vitamin A

5. What advantage does adequate rest have on your skin?

- a. Lowers your resistance to disease      b. Damages skin cells      c. Helps reduce wrinkles      d. Makes the skin lose its healthy appearance

6. A doctor that takes care of the skin is called a \_\_\_\_\_.

- a. Gynaecologist      b. Dermatologist      c. Neurologist      d. Surgeon

7. Which of the following does not show proper care of our skin?

- a. Having a healthy diet      b. Proper hygiene      c. Avoiding stress      d. Staying late at night

8. Your skin is one of your main means of gathering information. When nerve endings receive messages from the environment, where do they send them for interpretation?

- a. The heart      b. The brain      c. the muscles      d. The bones

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9. When ultraviolet rays of the sun shine on your skin, what substance on your skin is changed to vitamin D?

- a. Calcium                      b. Blood                      c. Water                      d. Cholesterol

10. A disease in which the bones become weak, grow irregularly and become deformed as a result of insufficient vitamin D is called.

- a. Rickets                      b. Arthritis                      c. Bone cancer                      d. Osteoporosis

11. The \_\_\_\_\_ produces an oily substance in the skin.

- a. Subcutaneous layer                      b. sweat glands                      c. sebaceous glands                      d. Thyroid gland

12. The oily substance produced by the gland in the skin is called \_\_\_\_\_.

- a. grease                      b. sebum                      c. cooking oil                      d. olive oil.

13. Continued lack of water can result in \_\_\_\_\_ and \_\_\_\_\_.

- a. energy burst and strength                      b. fatness and freshness                      c. fainting and heat stroke                      d. Balance and stamina

14. Which one is not a function of the skin?

- a. Helps regulate body temperature                      b. Eliminate wastes                      c. Gather information about the environment                      d. Produce Vitamin C

15. Openings that allow sweat to reach the surface of the skin are called \_\_\_\_\_.

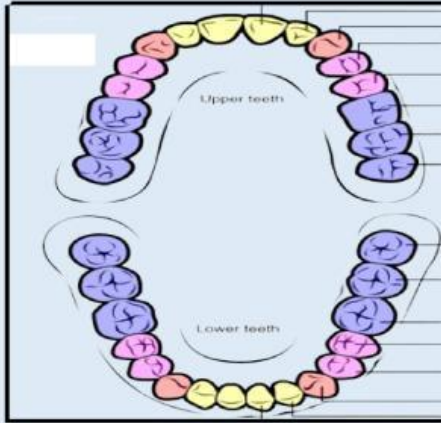
- a. Pores                      b. Holes                      c. pits                      d. Pods

16. \_\_\_\_\_ is when the teeth grow irregularly causing the upper and lower teeth not to fit.

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- a. Malnutrition                      b. Malocclusion                      c. Mismatch                      d. Mistake
17. \_\_\_\_\_ is the hardest substance in the human body.
- a. Enamel                      b. Nails                      c. Bones                      d. All of the above
18. \_\_\_\_\_ is the internal part of the teeth that contains nerves and blood vessels.
- a. Gum                      b. Pulp                      c. Dentin                      d. Enamel
19. \_\_\_\_\_ is a common problem of the teeth.
- a. Malaria                      b. Toothache                      c. Cavity                      d. Shaking and pulling
20. Visit a dentist once in \_\_\_\_\_ months for a checkup.
- a. two                      b. six                      c. eight                      d. Twelve
21. \_\_\_\_\_ rich foods are good for your teeth.
- a. Carbohydrate                      b. Protein                      c. Iron                      d. Calcium
22. The part of the tooth that is not covered by the gum is called \_\_\_\_\_.
- a. enamel                      b. dentin                      c. pulp                      d. crown
23. The teeth found in the front of our mouth is called :
- a. Molars                      b. Incisors                      c. Canine                      d. Premolars
24. What is the thin sticky layer of germs on the teeth called?
- a. Crown                      b. Plaque                      c. Pulp                      d. none of these
25. The maximum number of teeth an adult human has is \_\_\_\_\_ .
- a. 28                      b. 26                      c. 30                      d. 32

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26. Use the picture given to find out how many premolars we have in our mouth?  
a. 8                      b. 10  
c. 4                      d. 2

27. Which of the nutrients below present in food affects the tooth enamel to destroy it?  
a. Sugar                      b. Protein                      c. Fats  
d. Vitamins



28. Old people have sunken faces as they do not have teeth. What role do the teeth play in addition to chewing food?  
a. Teeth help to swallow food                      b. Teeth give shape to our face  
c. Teeth help to taste food                      d. Teeth helps us smile

29. Which of these practices help to keep our teeth strong and clean?  
Tick all possible answers.

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- a. visit a dentist twice a year      b. eat lots of cakes and sweets  
c. brush and floss regularly      d. drink colas and fizzy drinks

**Answer TRUE OR FALSE for the following questions.**

30. Fatigue lowers your body's resistance to disease and affects the appearance of your skin.      TRUE      FALSE

31. If a person is overweight, the subcutaneous layer is storing too much energy.      TRUE      FALSE

32. Another name for Milk Teeth is Permanent Teeth.      TRUE      FALSE

33. In order to maintain strong and healthy teeth, we should eat ice cream and chocolates.      TRUE      FALSE

34. Saliva in your mouth helps promote good dental health.      TRUE      FALSE

**Match the definition with the correct term.**

Blister

Antiseptic

Hair follicle

Periodontal disease

Bacteria

Vitamin D

\_\_\_\_\_ 35. a little sac in the dermis in which the root of hair grows

\_\_\_\_\_ 36. sometimes called the sunshine vitamin

\_\_\_\_\_ 37. A substance which destroys many pathogens (germs) and thus prevents infection

\_\_\_\_\_ 38. A raised part of the epidermis which is filled with a watery substance

\_\_\_\_\_ 39. May cause halitosis in the mouth

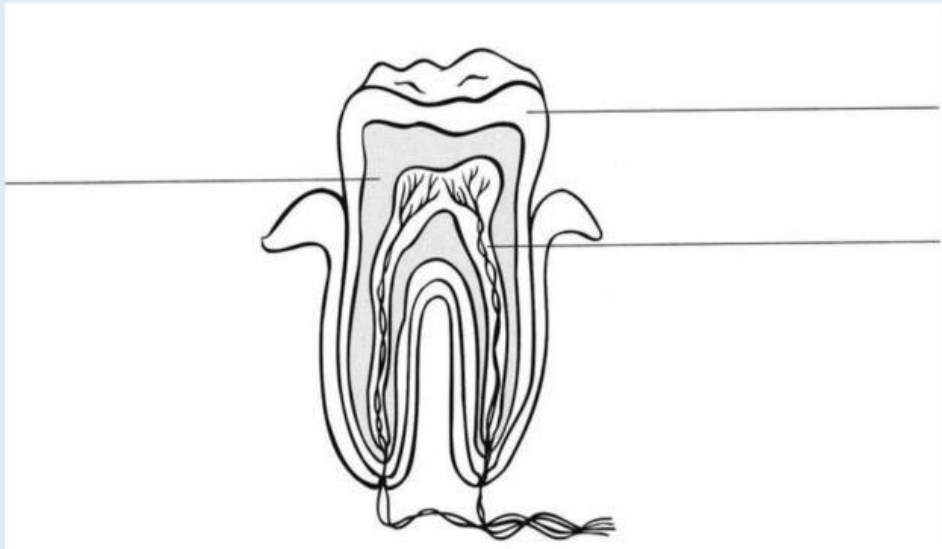
\_\_\_\_\_ 40. Led by an infection of the gums.

Label the diagram of the teeth below using the words provided.

Dentin

Pulp

Enamel



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