

## Book Quiz 1: LOOKING GREAT

### I. True or False

1. Society often makes girls feel like they have to fit in a certain mold.  
A. True                    B. False
2. "Irresistible" means impossible to refuse, oppose, or avoid because it is too pleasant, attractive, or strong.  
A. True                    B. False
3. If you have short hair, you shouldn't have it cut every month.  
A. True                    B. False
4. To reduce frizz, point your blow-dryer up when drying your hair.  
A. True                    B. False
5. Soda and coffee can stain teeth and chip away at enamel.  
A. True                    B. False
6. Mouthwashes, gels and toothpastes are called beverages.  
A. True                    B. False

### II. Choose the best answer

7. If you have braces, you should use \_\_\_\_\_ instead of shiny lipsticks.  
A. baking soda            B. dry power            C. lip gloss            D. gels
8. Staying active gets your blood flowing and gives your skin a \_\_\_\_\_ look.  
A. unhealthy              B. healthy                C. strong                D. fatigue
9. Calcium-rich cheese will strengthen your nails and \_\_\_\_\_.  
A. toes                    B. blood                    C. bones                D. head
10. To rub something using a piece of cloth or brush to clean it and make it shine is to \_\_\_\_\_.  
A. police                  B. polish                C. public                D. cuticle
11. What is this?



A. cuticle stick      B. lotion      C. file nail      D. nail polish

12. Strengthen your nails by soaking them in extra-virgin olive oil for \_\_\_\_ each day.

A. 5 minutes      B. 10 minutes      C. 15 minutes      D. 20 minutes

13. The zit on your face will look worse if you don't stop the \_\_\_\_.

A. popping      B. cleaning      C. washing      D. eating

14. \_\_\_\_ gives your cheeks a rosy glow.

A. Lipstick      B. Blush      C. Eye shading      D. Mascara

15. Vitamin \_\_\_\_ keeps your skin, nails and hair healthy.

A. A      B. B      C. C      D. D

16. Vitamin \_\_\_\_ takes care of your teeth and gums.

A. A      B. B      C. C      D. D

17. Lack of sleep can lead to \_\_\_\_ eyes.

A. puffy      B. dark      C. big      D. blue

18. A hair that has divided into several parts at its end is called \_\_\_\_.

A. dry      B. split end      C. false      D. wig

19. Full-figures look great in \_\_\_\_ colors and vertical stripes.

A. orange      B. blue      C. light      D. dark

20. Beauty is in the eye of the \_\_\_\_.

A. person      B. beholder      C. audience      D. friend