

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