

Being a Wise Health Consumer

Write the letter of the best answer on the line at the left.

- _____ 1. The sun's invisible waves of energy are _____ rays.
A ultraviolet B plaque C astigmatism D gingivitis
- _____ 2. A sunscreen's protection is measured by its _____.
F follicles G decibels H UV J SPF
- _____ 3. Hair grows from a pitlike area called a hair _____.
A ingredient B floss C follicle D gland
- _____ 4. Bacteria in your mouth can make _____, which coats your teeth.
F plaque G fluoride H follicle J gingivitis
- _____ 5. Plaque that has hardened around gums can cause _____.
A X rays B gingivitis C astigmatism D follicles
- _____ 6. For people with _____, everything looks blurry.
F tartar G astigmatism H gingivitis J fluoride
- _____ 7. A label lists the _____, or the things in a product.
A ingredients B advertising C retinas D orthodontia
- _____ 8. The loudness of sound is measured in _____.
F plaques G decibels H retinas J follicles
- _____ 9. The process of straightening crooked teeth is called _____.
A astigmatism B orthodontia C gingivitis D plaque
- _____ 10. A person who buys health-care products is a health _____.
F bully G passenger H consumer J nut

Name _____

Write *T* or *F* to show whether the sentence is true or false.

- _____ 11. A hair shaft is made of hardened, dead cells coated with oil.
- _____ 12. Acne forms when a pore becomes clogged with oil, dead skin cells, and soap.
- _____ 13. Teeth are made up of three layers: enamel, dentin, and bone.
- _____ 14. Gingivitis may cause the gums to weaken and teeth to fall out.
- _____ 15. Glands in the ear produce a waxy material that protects ear parts from dirt.

Match each term in Column B with its description in Column A.

- | Column A | Column B |
|--|--|
| _____ 16. Clear covering that protects the eye | a iris |
| _____ 17. Items on a health product label | b SPF |
| _____ 18. Sun protection factor | c ingredients, directions, warnings |
| _____ 19. Bones that vibrate in the ear | d cornea |
| _____ 20. Colored part of the eye | e hammer, anvil, stirrup |

Name _____

Complete the following table by supplying the missing situation, action, or reason for acting or not acting.

	Situation	Action Taken or Not Taken	Reason
	You have coughed or sneezed into your hands.	Wash your hands thoroughly.	Washing helps stop the spread of germs left on your hands by coughing or sneezing.
21.			The sunscreen will help prevent sunburn and skin damage.
22.		Do not share combs, hairbrushes, or hair decorations.	
23.	You are near someone who is cutting grass, sawing wood, or heating chemicals.		
24.			Exposure over time to sounds louder than 85 decibels can damage your hearing.
25.	You are going to purchase a new shampoo.		