

**SKINCARE
QUIZ**

Answer true or false to the following statements:

		True/False
1	Skin is affected by changes in the weather and by central heating	
2	Applying toothpaste to spots is the best way to heal them	
3	Drinking lots of water can help to keep your skin healthy	
4	Chocolate and caffeine cause spots	
5	Eating plenty of vitamin-rich fresh fruit and vegetables helps to prevent spots	
6	Vitamins A, C and E are vital for healthy skin	
7	Vitamin C is found in cereal products	
8	Vitamin A is found in carrots	
9	Vitamin E is found in chewing gum	
10	Using a medicated cleanser stops spots from spreading	
11	Feeling stressed can cause spots to break out	
12	Sunbathing can make spots disappear	
13	Girls need to use skincare products more than boys	
14	Fresh air and exercise are bad for spots	
15	Being in a smoky environment can be bad for your skin	
16	Using moisturisers and foundation can make skin greasy and give you more spots	
17	85% of 13-year-olds get spots	
18	It's normal to get spots on your chest and back	
19	If you've got sensitive skin, you can't use medicated skincare products	
20	Your skin type (dry/normal/oily/etc.) is always the same on every different part of your face	