

Skills Worksheet

## Directed Reading

### Lesson: Caring for Your Skin

1. Skin looks like a simple covering, but it's actually a complex

\_\_\_\_\_.

#### YOU'RE COVERED!

2. The skin has two layers. The \_\_\_\_\_ is the outer layer and the \_\_\_\_\_ is the other layer.
3. Oil \_\_\_\_\_ help make oil that keeps the skin soft and flexible.
4. If oil glands make too much oil, a condition called \_\_\_\_\_ can happen.

#### CARING FOR YOUR SKIN

5. What are some of the things that you can do to take care of your skin?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Use sunscreen that has a skin protection factor of at least

\_\_\_\_\_ when you are outside.

### Lesson: Caring for Your Hair and Nails

7. Hair grows from \_\_\_\_\_.

#### HAIR

8. Describe two functions of hair.

\_\_\_\_\_  
\_\_\_\_\_

## Directed Reading *continued*

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9. Hair traps air which works as \_\_\_\_\_ to help keep you warm.
10. The \_\_\_\_\_ endings near the base of the hair help you sense the world around you.

### HAIR CARE

- \_\_\_\_\_ 11. Some common hair problems include
- a. dandruff.
  - b. head lice.
  - c. All of the above
  - d. None of the above
12. To avoid getting head lice, do not share \_\_\_\_\_,
- \_\_\_\_\_, \_\_\_\_\_, and
- \_\_\_\_\_.

### NAILS

13. The thin flaps of skin around the nails are called the
- \_\_\_\_\_.

### NAIL CARE

14. Biting your fingernails is unhealthy because \_\_\_\_\_ collect under the nails.

## Lesson: Caring for Your Teeth

15. If you lose a \_\_\_\_\_ tooth, it won't grow back.

### STRUCTURE AND FUNCTION OF TEETH

16. The shiny, white portion of the tooth is called the *crown*. The crown is covered by a hard substance called \_\_\_\_\_.
17. Teeth are important for \_\_\_\_\_ and
- \_\_\_\_\_.

**Directed Reading** *continued*

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**TOOTH AND GUM PROBLEMS**

**18.** A sticky mixture of bacteria, saliva, and food particles is called

\_\_\_\_\_.

**19.** The bacteria and acid found in plaque can cause bad breath and

\_\_\_\_\_.

**DENTAL CAVITIES**

\_\_\_\_\_ **20.** A cavity in the tooth is caused by

- a.** enamel.
- b.** the nerves in the pulp.
- c.** the dentin under the crown.
- d.** the acids in plaque.

**21.** When a hole forms on the tooth, the hole is called a \_\_\_\_\_.

**HOW TO BRUSH YOUR TEETH**

**22.** How should you brush your teeth?

\_\_\_\_\_  
\_\_\_\_\_

**HOW TO FLOSS YOUR TEETH**

**23.** Explain how you should floss your teeth.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**KEEPING YOUR TEETH FOR LIFE!**

**24.** List some foods that contain calcium.

\_\_\_\_\_

**25.** List three things you can do to protect your teeth.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Directed Reading** *continued*

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## **LESSON: Caring for Your Eyes**

### **HOW EYES WORK**

**26.** What are five parts of the eye?

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**27.** Cells in the retina convert light energy into nerve signals that are sent along the \_\_\_\_\_ nerve.

**28.** Look at the chart about common eye problems and name four common eye problems.

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### **EYE CARE**

**29.** List five ways to protect your eyes.

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## **LESSON: Caring for Your Ears**

### **HOW YOU HEAR**

\_\_\_\_\_ **30.** Your ear contains ALL of the following parts:

- a.** outer ear, inner ear, middle ear, hammer, anvil, stirrup, ear canal.
- b.** eardrum, cymbals, retina, cochlea, wrench, hammer.
- c.** stirrups, reins, saddle, ear drums, outer ear, inner ear.
- d.** All of the above

## **Directed Reading** *continued*

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- 31.** Vibrations travel as \_\_\_\_\_ that enter the outer ear and then go through the middle ear through the ear canal.
- 32.** The fluid in the \_\_\_\_\_ moves when vibrations come into the inner ear.
- 33.** Hearing loss may result from \_\_\_\_\_ such as jet engines.

### **OTHER HEARING PROBLEMS**

- 34.** Earwax buildup and middle-ear \_\_\_\_\_ can cause hearing problems.

### **HEARING AND EAR CARE**

- 35.** What is the best way to clean your ears?

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## **Lesson: Healthcare Resources**

- 36.** What is a healthcare consumer?

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### **WHY DO YOU BUY?**

- 37.** What is one thing that influences people to choose certain healthcare products?

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### **SMART SHOPPING**

- 38.** How can you be a smart consumer?

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**Directed Reading** *continued*

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**CALCULATING A UNIT PRICE**

- 39.** The \_\_\_\_\_ of an item is the cost of the item divided by the amount of the item.

**HEALTHCARE PROVIDERS**

- 40.** A \_\_\_\_\_ is any professional who helps people stay healthy.
- 41.** Name one type of healthcare provider and explain what that provider does.

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**TALKING ABOUT YOUR HEALTH**

- 42.** List two ways you can communicate clearly with your healthcare provider.

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**LOCAL HEALTHCARE AGENCIES**

- 43.** Explain the functions of two state or local services that help people stay healthy.

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**FEDERAL HEALTHCARE AGENCIES**

- 44.** What does *NIH* stand for?

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- 45.** What does *FDA* stand for?

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