POINTER TO PONDER

"To do a common thing uncommonly well brings success."
—Henry John Heinz

WHY STUDY SKIN STRUCTURE, GROWTH, AND NUTRITION?

1. Clients with certain skin conditions should be referred to a medical professional for treatment.

   _____ True

   _____ False

2. Describe in your own words why you think it is necessary for a cosmetologist to stay on top of changes in skin care.

   ____________________________________________

   ____________________________________________

   ____________________________________________

   ____________________________________________

   ____________________________________________

   ____________________________________________

ANATOMY OF THE SKIN

3. The medical branch of science that deals with the study of skin and its nature, structure, functions, diseases, and treatment is called _____________.

4. A _______________ is a physician engaged in the science of treating the skin, its structures, functions, and diseases.

5. Some skin symptoms may be a sign of internal ___________.

   ____________________________________________
6. By law, in all states cosmetologists may clean skin, preserve the health of skin, and beautify skin.

_____ True
_____ False

7. An ____________ is a cosmetologist who specializes in the cleansing, preservation of health, and beautification of the skin and body.

8. This professional may diagnose an abnormal skin condition:

_____ Esthetician
_____ Cosmetologist
_____ Nutritionist
_____ Dermatologist

9. The skin is the largest organ of the body.

_____ True
_____ False

10. The skin is our only barrier against the environment and protects

a) _________________________________

b) _________________________________

c) _________________________________

d) _________________________________

11. Healthy skin is _________________________________

12. List the appendages of the skin.

a) _________________________________

b) _________________________________

c) _________________________________

d) _________________________________

13. The thinnest skin is found on the ____________, and the thickest skin is found on the ________________.
14. Explain how a callus forms and give an example of how one may occur.

15. When is it appropriate to remove a callus in the salon?

16. Explain the difference between the skin of the scalp and the skin elsewhere on the human body.

17. The skin is composed of two main divisions, the _________ and the _________.

18. The _________ is the outermost layer of the skin and is also called the _________.
It is the thinnest layer of skin and forms a ________________ for the body.

19. Name the five layers that make up the epidermis.
   a) ________________
   b) ________________
   c) ________________
   d) ________________
   e) ________________

20. The basal cell layer is also referred to as the ________________, and is the deepest layer of the epidermis. It is the ________________ of the epidermis and is responsible for the growth of the ________________.

21. The basal cell layer also contains special cells called ________________, which produce a dark skin pigment called ________________.

22. The ________________, also referred to as the stratum spinosum, is the layer where the process of skin cell shedding begins.

23. The stratum granulosum, or ________________, consists of cells that are almost dead and are pushed to the surface to replace cells that are shed from the skin surface layer.

24. The ________________ is the clear, transparent layer just under the skin surface, and the ________________ is the outer layer of the epidermis.
43. Name and describe the two types of melanin.
   a) ________________________________________________________________
   b) ________________________________________________________________

44. Skin color is a ________ trait, and your ________ determine the amount and type of pigment your body produces.

45. Why do you need to use sunscreen if melanin helps protect your body from the sun? ________________________________________________________________

46. What are the two structures that skin gets its strength, form, and flexibility from?
   a) ________________________________________________________________
   b) ________________________________________________________________

47. What are some causes of wrinkles and sagging skin?

48. According to scientists, most signs of aging are caused by ____________________________ ____________________________

49. When does the skin first begin to age? ____________________________ Why?

50. The skin contains two types of duct glands, ____________________________ ____________________________, that extract materials from the blood to form new substances.

51. The sudoriferous glands excrete
   ______ a) Fragrance
   ______ b) Water
   ______ c) Oil
   ______ d) Sweat

52. The sweat glands regulate ____________________________ and help to eliminate ____________________________ from the body. They are found on all parts of the body, but are more numerous on the _____________________________.

Chapter 7 Skin Structure, Growth, and Nutrition
53. The excretion of sweat is controlled by the _____________, and
normally, _____________ of liquids containing salts are eliminated daily
through sweat pores.

54. The sebaceous or oil glands of the skin are connected to the _____________.
_________ is a fatty or oil secretion that lubricates the skin and preserves the
softness of the hair.

55. Sebaceous glands are not found on the
   _____ a) Scalp
   _____ b) Palms
   _____ c) Face
   _____ d) Knees

56. When the sebum hardens and the duct becomes clogged, a pore impaction or
    __________ is formed.

57. Name two functions of sebum.
   a) ________________________________________________
   b) ________________________________________________

58. List the principle functions of the skin.
   a) ___________________________          d) ___________________________
   b) ___________________________          e) ___________________________
   c) ___________________________          f) ___________________________

59. Why do you think touch is one of the first senses to develop in the human body?

   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

60. Cosmetic products are designed to penetrate the epidermis.
   _____ True
   _____ False
NUTRITION AND MAINTAINING SKIN HEALTH

61. Name the six classes of nutrients necessary for the health of the body.
   a) __________________________
   b) __________________________
   c) __________________________
   d) __________________________
   e) __________________________
   f) __________________________

62. The body makes all of the nutrients it needs.
   _____ True
   _____ False

63. Based on the USDA food pyramid, what are the best types of vegetables for a
    person to eat each day? ______________________________________________________

64. List some ways meat should be prepared according to the USDA food pyramid.
    ______________________________________________________________
65. Fruit juices are as beneficial as eating fresh, frozen, canned, or dried fruits according to the USDA food pyramid.

_____ True
_____ False

66. Seeds and nuts provide another source of protein in your diet according to the USDA food pyramid.

_____ True
_____ False

67. To maintain a balanced diet, a person should eat a(n) _______ of foods.

68. A healthy diet includes more ________, ________, and ________ products.

69. A healthy diet includes less ________, ________, and ________.

70. Prepared or processed foods contain ________ and modified ________.

71. A healthy diet should be balanced by the right amount of ________.

72. Explain what information is found on a food label.

____________________________________

____________________________________

73. What does RDA stand for? _____________________________

74. Vitamins are nutritional supplements, not cosmetic ingredients.

_____ True
_____ False

75. Some vitamins have a positive effect on the skin when taken by mouth.

_____ True
_____ False

76. Match the following vitamin with its effect on healthy skin:

_____ Vitamin A  a) Promotes the healthy and rapid healing of skin

_____ Vitamin C  b) Aids in the health, function, and repair of skin cells

_____ Vitamin D  c) Helps protect the skin from harmful effects of UV light

_____ Vitamin E  d) Aids in and speeds up the healing process of the body
77. The best way of making sure your body gets the nutrients it needs each day is to:
   ____ a) Take a nutritional supplement
   ____ b) Improve your diet
   ____ c) Avoid all fats
   ____ d) Drink more water

78. Water comprises __________________ of the body’s weight.

79. The amount of water each person needs depends on:
   a) ____________________________
   b) ____________________________

80. Drinking pure water is essential to the health of the skin and body because it
   a) ____________________________
   b) ____________________________
   c) ____________________________
   d) ____________________________

81. Explain how to determine the amount of water needed every day for maximum physical health. ____________________________

82. How many ounces (liters) of water does a person who weighs 175 pounds (79 kg) need to drink each day? ____________________________

83. List six signs that indicate a person is not drinking enough water.
   1) ____________________________
   2) ____________________________
   3) ____________________________
   4) ____________________________
   5) ____________________________
   6) ____________________________