Teacher Answer Key

Case Study

1. David added a light conditioner to his routine instead of skipping it, which balanced the oils on his scalp.

2. He used a gentler cleanser for his face and opted for a stress ball instead of biting his nails, resulting in healthier skin, hair, and nails.

Multiple Choice

1. A

2. D

3. B

Matching

1-E, 2-C, 3-A, 4-B, 5-D

Fill-in-the-Blank

1) cleansing, 2) tight, 3) cuticle

Short Answer (Sample Responses)

Q1: Harsh products can strip the skin's natural oils, triggering more oil production and worsening breakouts.

Q2: Teens can use dry shampoo in between washes or rinse with water after sweating, while limiting heat tool usage.

Q3: Physical activities or using instruments heavily involve hands, increasing the risk of broken nails or infections without proper care.