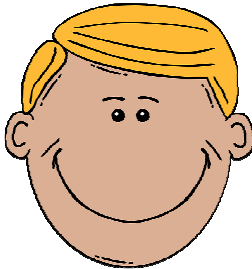


OUR HEALTH

1. What is the correct order of the layers of skin from the surface towards the inside?
 - a. epidermis, dermis, subcutaneous fatty layer
 - b. dermis, vessels, oil glands
 - c. dermis, epidermis, fatty layer
2. What is the pH-value of most soaps?
 - a. 1-3
 - b. 5-7
 - c. 9-10
3. What is the correct order when brushing your teeth?
 - a. outer surface, inner surface, crushing surface
 - b. inner surface, outer surface, crushing surface
 - c. crushing surface, outer surface, inner surface
4. Is it allowed to rinse after tooth extraction?
 - a. no, it can cause infection
 - b. yes, with camomile
 - c. no, because it may cause postoperative bleeding



5. Which part of the apple contains most vitamins?
 - a. apple flesh
 - b. ovary
 - c. under the skin
6. Which food is the best source of calcium?
 - a. honey
 - b. Emmental cheese
 - c. kohlrabi
7. Milk and fish contain the largest amount of iodine. What do we need this trace element for?
 - a. digestion
 - b. balance of water control
 - c. the work of the thyroid gland



8. How many salivary glands do we have?
 - a. 3 pieces
 - b. 2 pairs
 - c. 3 pairs
9. Where do we feel the sweet taste on our tongue?
 - a. tip of tongue
 - b. side of tongue
 - c. back side of the tongue
10. Which vitamin can be found in vegetable oil?
 - a. Vitamin E
 - b. calcium
 - c. Vitamin B12
11. Is it true that vitamin overdose is harmful?
 - a. no, you can eat as much as you want
 - b. only the amount prescribed by your physician is acceptable
 - c. some of the vitamins such as A and D and iron overdose can be harmful. These ones can be taken only under medical supervision.
12. Can our body produce mineral substances?
 - a. yes, in summer time
 - b. yes, our body can prepare everything
 - c. no, because all minerals are taken in with food
13. What is tofu?
 - a. fruit
 - b. soybean curd
 - c. mushroom
14. The lack of one of the vitamins can cause bleeding. Which one is it?
 - a. D
 - b. C
 - c. K

Solution:

1	2	3	4	5	6	7	8	9	10	12	12	13	14
a	b	c	a	c	b	c	c	a	a	c	c	b	c