

Name \_\_\_\_\_

## Hair Care 101: Tips for Healthy Hair and Scalp

### Multiple Choice Questions

1. What is the foundation for healthy hair?
  - a) Regular hair coloring
  - b) A healthy scalp
  - c) Frequent hair straightening
  - d) Using a lot of hair spray
  
2. Why is it important to choose hair products that match your hair type?
  - a) It's a fashion trend
  - b) It helps you fit in with your friends
  - c) It ensures the products work effectively
  - d) It's cheaper than other products
  
3. What should you do to minimize heat damage when using styling tools?
  - a) Use them daily
  - b) Apply more heat
  - c) Invest in a heat protectant spray
  - d) Avoid using styling tools altogether
  
4. How often should you trim your hair to prevent split ends?
  - a) Every 2-3 years
  - b) Every 6-8 weeks
  - c) Only when your hair becomes extremely damaged
  - d) Never trim your hair
  
5. What should you avoid to prevent hair breakage?
  - a) Tight hairstyles
  - b) Regular hair washing
  - c) Using a lot of hair products
  - d) Skipping trims

