

Name _____

Nailed It: The Significance of Clean and Trimmed Nails

Multiple Choice Questions

1. What is the primary protein that makes up nails?

- a) Collagen
- b) Keratin
- c) Elastin
- d) Melanin

2. Why is hygiene an essential aspect of nail care?

- a) It makes your nails look pretty.
- b) It prevents the buildup of dirt and infections.
- c) It helps nails grow faster.
- d) It makes nails stronger.

3. What can overgrown nails press against, causing discomfort?

- a) Socks
- b) Shoes
- c) Scarves
- d) Hats

4. Why are long nails more prone to breaking?

- a) Because they are stronger.
- b) Because they are flexible.
- c) Because they are thinner.
- d) Because they are brittle.

5. What is one reason for applying moisturizer to nails and cuticles?

- a) To make nails grow faster.
- b) To prevent nail breakage.
- c) To keep them hydrated.
- d) To change their color.

