

How Much Do You Know About African-American Hair?

Take the Real Health challenge and see. (Note: Some questions have multiple answers.)

March 1, 2011

1. In general, how often should you wash black hair?

- a) Every day
- b) Once a week
- c) Once every two weeks

2. Trim hair every six weeks to...

- a) Make tresses grow
- b) Make hair thicker
- c) Remove split ends

3. Black hair is fragile and prone to breakage...

- a) Even when natural
- b) Only when relaxed
- c) Only when wet

4. When it comes to cleansing tresses, you should...

- a) Change brands often or else shampoo will stop working
- b) Only use products for black hair
- c) Use the best shampoo for your hair type and scalp

5. Braiding the hair...

- a) Makes it grow
- b) Does not increase the rate of hair growth
- c) Can sometimes cause breakage

6. Traction alopecia can be caused by...

- a) Tight braids
- b) Chemical treatments
- c) Hair weaves

7. How often should you moisturize black hair?

- a) Every other day
- b) Every day
- c) Once a week

8. What are the best moisturizers for black hair?

- a) Ingredients that add body
- b) Greasy products such as lanolin
- c) Penetrating conditioners and lightweight oils

9. What statement(s) apply to black hair?

- a) Curly textures hold onto oil better because of the tight coils
- b) Curly coils make it difficult for natural oils to work down the hair shaft
- c) Curly textured hair is vulnerable to drying out and breaking

10. Regular scalp massages do the following:

- a) Contribute to black hair breakage
- b) Increase blood circulation to hair follicles
- c) Remove dead skin cells that inhibit hair growth

Answers: 1) b 2) c 3) a 4) c 5) b and c 6) a, b and c 7) b 8) c 9) b and c 10) b and c