

Take This Hair Health Quiz

See how much you know about black hair care.

June 1, 2011

How often should you shampoo your hair?

- a. Once a day
- b. Once a week
- c. Once a month

Tight or aggressive braiding can cause hair loss.

- a. True
- b. False

Pregnant women shouldn't color, bleach or straighten hair until the third trimester.

- a. True
- b. False

When combing, do the following:

- a. Comb from the bottom of the hair and work your way up
- b. Comb from root to tips
- c. Use only one size comb
- d. None of the above

Grease the hair and scalp each night for healthy hair.

- a. True
- b. False

What nutrients below make hair healthier and stronger and are also good for the skin?

- a. Vitamin A
- b. Vitamin B
- c. Zinc
- d. All of the above

Wear satin or silk scarves and sleep on a satin pillowcase to prevent split ends and dried-out hair.

- a. True
- b. False

When using at-home relaxers, protect scalp with a base, such as Vaseline or castor oil.

- a. True
- b. False

Only comb a baby's hair:

- a. When the hair is dry
- b. When the hair is wet
- c. After putting baby oil on infant's tresses

To avoid hair damage, only use a flatiron once each week.

- a. True
- b. False

Answers: 1) b, 2) True, 3) True, 4) a, 5) False, 6) d, 7) True, 8) a, 9) b, 10) True

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.realhealthmag.com/article/hair-health-quiz-20518-6426>