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

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