



## Nutrition & Wellness - Chapter Quiz

Chapter: Nutrition & Wellness Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. A professional's own health matters because:**

- A) It does not affect work
- B) The body is the professional's most important tool
- C) Only talent matters
- D) Clients never notice

**2. Good fuel for a long salon day includes:**

- A) Skipping meals
- B) Balanced meals with protein and water
- C) Only coffee
- D) Only sugar

**3. Hydration helps your:**

- A) Energy and focus
- B) Shears
- C) Cords
- D) Outlets

**4. Repetitive strain is best prevented by:**

- A) Ignoring it
- B) Good ergonomics and stretching
- C) Working faster
- D) Standing still

**5. Standing all day is easier on the body with:**

- A) Bare feet
- B) Supportive shoes and shifting weight
- C) Locked knees
- D) No breaks

**6. Chemical exposure is reduced by:**

- A) No gloves
- B) Ventilation, gloves, and a mask when needed
- C) Closing windows
- D) Working faster

**7. Burnout is:**

- A) A hairstyle
- B) Emotional and physical exhaustion to watch for
- C) A chemical
- D) A tool

**8. Self-care for a professional is:**

- A) Selfish
- B) Professional maintenance
- C) Optional forever
- D) A waste of time



**9. Stretching the wrists and back during the day helps prevent:**

- A) Aches and strain injuries
- B) Better color
- C) Faster cuts
- D) Cleaner tools

**10. The professionals who last longest in this career are usually the ones who:**

- A) Have the most talent only
- B) Take care of their own health
- C) Skip breaks
- D) Never stretch



## **Nutrition & Wellness - Chapter Quiz - Answer Key**

*Instructor copy.*

- 1. B**
- 2. B**
- 3. A**
- 4. B**
- 5. B**
- 6. B**
- 7. B**
- 8. B**
- 9. A**
- 10. B**