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SEC AREA 8 PATHFINDERS



Pathfinder Honour: **STUDENT WORKSHEET**

SKIN CARE

Part of Health & Science category of Honours



Name:

Club:

Date Started:

Date Completed:

Instructor Name:

Signature:

Club Directors Name:

Signature

Please Award a Patch:

To be signed by Authorised Person (e.g. Area Director) after satisfactory completion. Leaders, please see the Assessment sheet for a checklist of practical requirements and a short test to check knowledge of honour

Date Patch Presented:

1. Describe the three main functions of the skin

- _____

- _____

- _____

2. Our skin has three main layers.

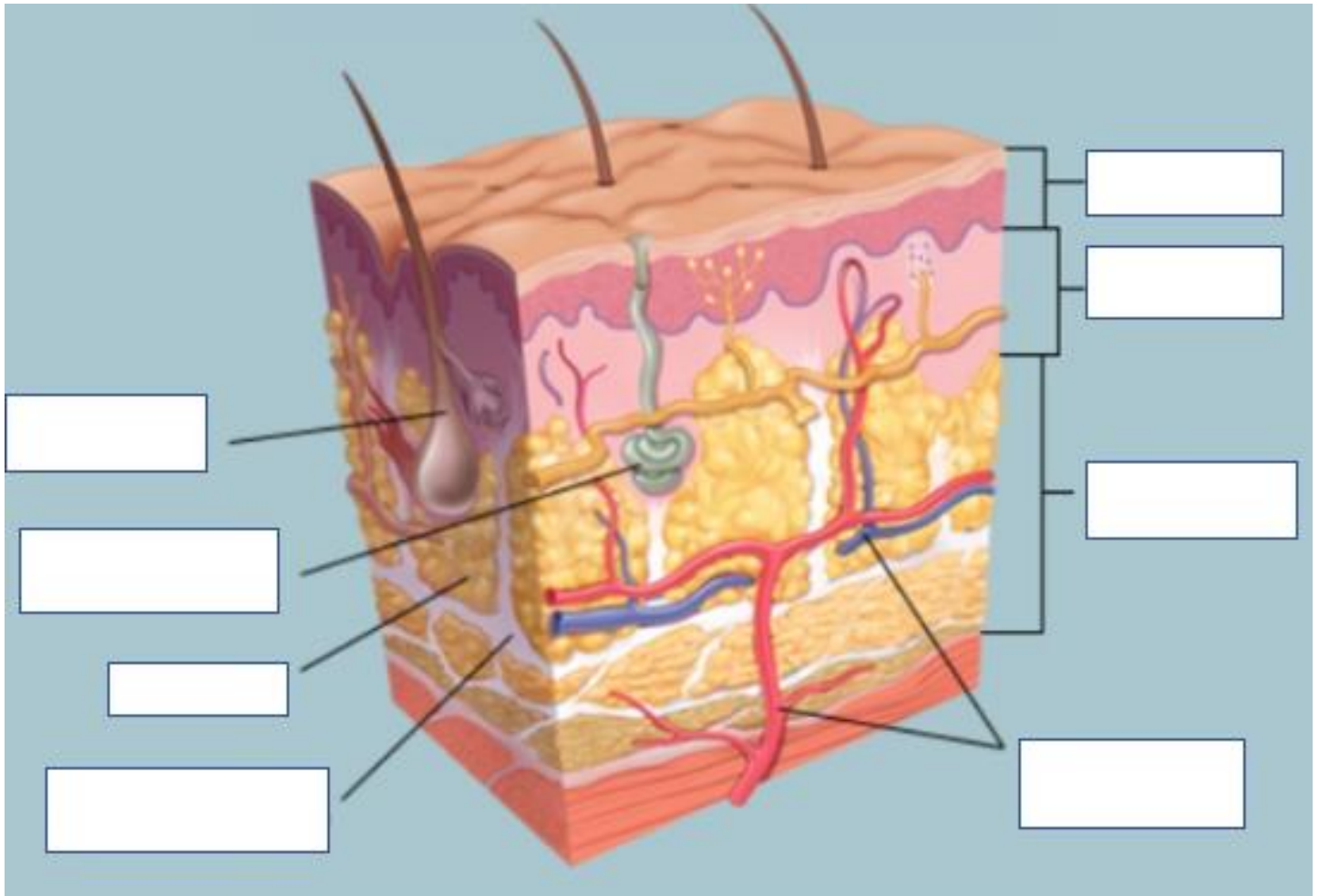
- List the layers
- Describe the functions of each layer
- Describe the composition of each layer

- Layer One: _____

- Layer Two: _____

- Layer Three: _____

3. Label the diagram below – (use the information acquired in question 2)



4. List three external factors that affect our skin and discuss them in detail.

- _____
- _____

5. The Bible identifies Queen Esther, Rachel, Rebekah and Sarah as having phenomenal beauty. They shared five common skincare practises.
- List those five practises and discuss how the women in the Bible may have applied them.

- _____
- _____

- _____
- _____
- _____

6. a) Essential oils were used on the skin in biblical times. Name three essential oils used in Holy Anointing and reference the bible verses where they can be found:

Bible Reference: _____

- _____
- _____
- _____

b) What can those essential oils be used for (in skincare) today

- _____

- _____

- _____

7. How can these oils relate to Gods purpose and will for our lives?

- _____

- _____

-
- _____
-

8. Where and why in the Bible did David use olive oil?

Bible Reference: _____

- _____

9.

a) Describe a healthy skincare routine

b) Carry these routines out for at least a week

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

10. Make a home-made natural face mask that is best suited for your skin type. List the ingredients used below and add pictures!

- _____
- _____
- _____
- _____

Date completed.....

Instructors signature.....