

Hair Cycle – Mix and Match Activity Answer Guide

Hair Cycle Stage	Correct Answer
Anagen Phase	The active growth stage where cells rapidly divide.
Catagen Phase	A short transitional stage where growth stops and the follicle shrinks.
Telogen Phase	The resting stage before shedding occurs.
Exogen Phase	The hair is naturally shed from the follicle.
Dermal Papilla	Produces nutrients and oxygen needed for hair growth.
Hair Matrix	Area where new hair cells are produced through cell division.
Hair Follicle	Structure within the skin that surrounds the hair root.
Blood Supply	New hair begins to grow and pushes out the old hair.
Hair Bulb	Enlarged base of the hair where growth takes place.
Sebaceous Gland	Produces sebum to lubricate the hair and scalp.