Human Body

Skin, Hair and Nails
Skin

Skin is actually an organ. In fact, it is your largest organ, and it is only millimetres thick.

It has many important jobs:
- it holds everything together
- it keeps your insides in
- it is your first defence against germs
- it helps controls your body temperature
- it keeps you from drying out
- it is home to your senses, enabling you to feel your surroundings
- it is waterproof, meaning it resists water and protects us from getting soggy
- it is very good a repairing itself

The human skin is made up of two layers, the epidermis layer, and the dermis layer.
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Skin is the ____________________________
organ of your body.

What Does Skin Do?
Write yes or no on the line.

Does it hold your body together? ____________

Does it hold your outsides in? ____________

Is it your first defence against germs? ____________

Can it repair itself? ____________

Does it play cards with you? ____________

Is it waterproof? ____________

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Label the Skin

- epidermis
- dermis
- papilla of hair
- hair follicle
- duct of sweat gland
- subcutaneous tissue

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Label the Skin

- **epidermis**
- **dermis**
- **papilla of hair**
- **hair follicle**
- **duct of sweat gland**
- **subcutaneous tissue**

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Skin

Epidermis Layer

This is the outer layer that you can see. This is where skin cells are formed. It takes these new skin cells about two to three weeks to reach the surface. As they move upward, they push the older cells to the surface. These older skin cells die and flake off. You loose around 50,000 skin flakes every minute, which equates to around 20kg (44lbs) of flakes in a lifetime.

Not all the cells in the epidermis layer are making new skin cells, some are making a substance called melanin. Melanin is what gives your skin its colour. The more melanin you have, the darker your skin will be.

Dermis Layer

In this thicker layer, you will find, oil glands, sweat glands, blood vessels and nerve endings. There is also a lot of collagen and elastin. These are what make your skin firm and stretchy.

The oil glands produce sebum which helps keep the skin moist and protect it from bacteria. It also helps to keep your body water resistant.

Sweat is also produced in this layer and comes out through little pores or openings in the top of the skin.

This dermis layer is also where your nerve endings are that give you the sense of touch and protect you from getting hurt.
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Skin

The ______________________________ layer is the one you can ___________.

It is also where the new ______ cells are formed.

Melanin is what gives your skin its ____________________.

The ______________________________ layer is thicker and contains collagen and elastin which help make your skin __________ and ______________________.

This layer is also where ______________________________ endings are.

They give you the sense of touch and help protect you from getting hurt.
Hair and Nails

HAIR

The visible parts of hair are made from non-living keratin. Hair can be found all over your body, except for your lips, palms of hands and the soles of your feet. Hair offers protection and warmth to your body. For example, the eyelashes help protect the eyes and the scalp hairs help protect the head from sunlight.

Each strand of hair grows from a narrow hole known as a follicle. The type of hair you have depends on the shape of the shafts in which the follicle grows from. The shafts of straight hair are round, of wavy hair are oval and curly hair shafts are flat.

NAILS

Nails are made from flat plates of still keratin and can be found on your fingers and toes. Nails have a root, a body and a free edge. New cells at the rear of the nail, under the skin, push the nail body forwards, making the nail grown about 3 mm (0.11 in) per month.

Nails never stop growing which is why you need to constantly trim them. They also collect lots of nasty germs, which is why you should not bit them.
Hair and Nails

Hair is all over your body, except for your __________________________.

____________________ of your hands,

and the ________________ of your feet.

Hair offers ______________________________ and warmth to your body.

Nails are found on your __________

and your ____________________.

Nails collect lots of nasty germs, which is why you should not __________________________ them.
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