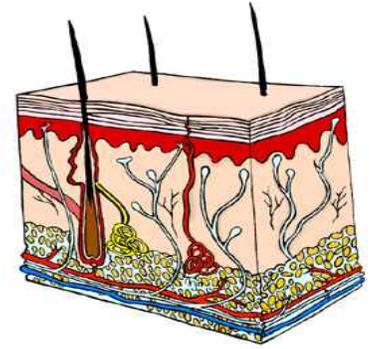


Name: _____

Your Skin

Written by Sandie Lee



Your Largest Organ

What is the largest organ in your body? Your heart? It is the largest muscle in your body, but you do have larger organs. Your brain? The brain inside your skull is pretty big, but it's not the biggest. How about the liver? It is the heaviest organ. How about your skin? Yes, your skin is an organ, just like your heart, brain, and liver. Since

Is it Alive?

Here's something fun to try. Look down at your hands. What do you see? Anything unusual? Even

your skin is part of your body!

Even though your skin covers your whole body, it's not just a protective layer. It's an organ that helps you see, feel, and regulate your body temperature.



~ PREVIEW ~

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It also regulates our body temperature and helps us perceive pain, pressure, and touch.

Layers of the Skin

The human skin is made up of three layers:

- **Epidermis** - [ep-i-dur-mis] the part of the skin on the outside of your body; it's the part you can see
- **Dermis** - [dur-mis] where blood vessels and nerves are at work
- **Hypodermis** - [hahy-puh-dur-mis] mostly made of fat; where your hair grows from

How Thick Is My Skin?

If you've ever had a cut on your skin, you know that it's not very thick at all. On average, your skin is only about 1.5 millimeters thick. It is thickest on the soles of our feet and thinnest on our eyelids.

Skin-Tastic Facts!

- Frogs don't drink water; they absorb it through their skin.
- Polar bear's skin is black to absorb heat from the sun.
- Besides humans, pigs are the only other animal that can get sunburned skin.
- Ostrich skin makes the strongest leather.
- Some humans and animals have no 'melanin' (an enzyme that produces color) in their skin. This makes them completely white.

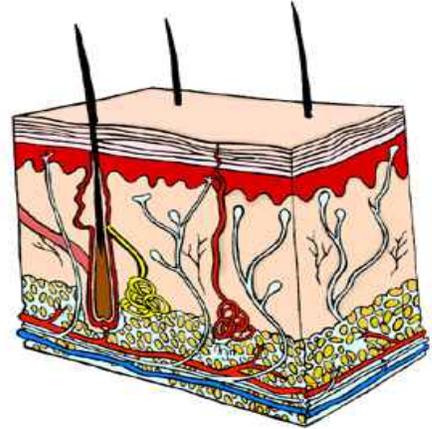
Name: _____

Your Skin

Written by Sandie Lee

1. What is your body's heaviest organ?
- a. brain
 - b. heart
 - c. liver
 - d. skin

2. Your skin is about as thick as....
- a. a notebook
 - b. a dime
 - c. pancake
 - d. a plate



3. Explain how our skin helps to keep our bodies healthy.



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4. _____
5. Which layer of skin does hair grow from? _____

6. Which layer of skin contains blood vessels and nerves? _____

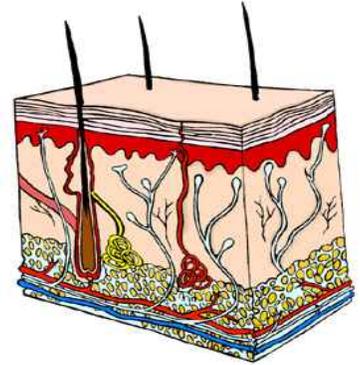
7. What is the enzyme in skin that gives it color? _____

8. How does a polar bear's skin help it survive in the Arctic?
- _____
- _____

Name: _____

Your Skin

Vocabulary



Match each vocabulary word with its definition.

1. _____ brain

a. controls

2. _____ organ

b. large bird that cannot fly

3. _____ muscle

c. soaks in

4. _____



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5. _____

6. _____ regulates

f. part of your body that is used for movement

7. _____ soles

g. organ that controls your entire body

8. _____ ostrich

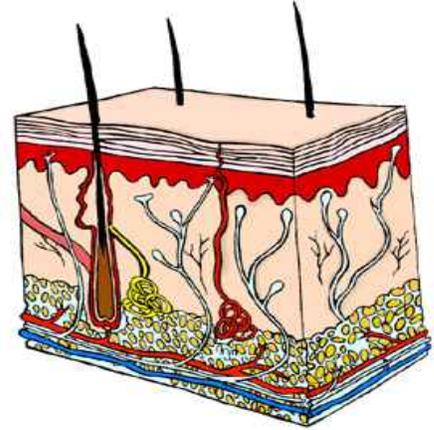
h. group of body tissue that performs a task
(examples: heart, lungs, stomach)

ANSWER KEY

Your Skin

Written by Sandie Lee

1. What is your body's heaviest organ? **c**
 - a. brain
 - b. heart
 - c. **liver**
 - d. skin
2. Your skin is about as thick as.... **b**
 - a. a notebook
 - b. **a dime**
 - c. pancake
 - d. a plate



3. Explain how our skin helps to keep our bodies healthy.

It protects our organs and keeps out infections. It also has nerves that help us perceive pain.

4. When you look at someone, which layer of their skin can you see? **epidermis**
5. Which layer of skin does hair

6.

7.



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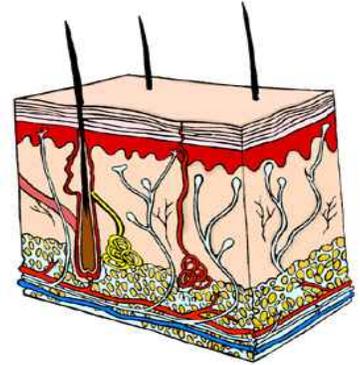
8. How does a polar bear's skin help it survive in the Arctic?

Its skin is black, which absorbs heat.

ANSWER KEY

Your Skin

Vocabulary



Match each vocabulary word with its definition.

1. **e** brain
 2. **h** organ
 3. **f** muscle
 4. **e** liver
 5. **c** absorb
 6. **a**
 7. **d**
 8. **b** ostrich
- a. controls
 - b. large bird that cannot fly
 - c. soaks in
 - d. bottoms of your feet
 - e. organ that stores nutrients for your body and cleans your blood



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