

Role Played by Skin

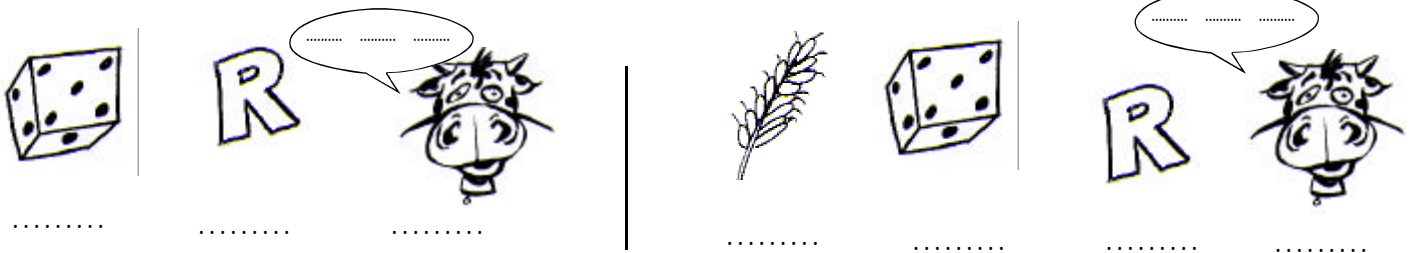
Read this text carefully, and write in the missing words: **germs/wrapping / layers / body**

Skin covers our whole and protects it.

More than just a, it acts as a barrier against and prevents water getting into our bodies.

Skin consists of two different

Solve the puzzles and find the names of the two layers that make up our skin.



Focus on our skin

Minute openings (pores) let toxic substances escape from our bodies. Every day we get rid of an average of 1 litre* of sweat. One square centimetre of skin has millions of pores. They are visible under a microscope.

* Average for an adult.

Why do we perspire?

Perspiring lets sweat evaporate. We could say that skin is a kind of insulation. Evaporation keeps the body at a constant temperature when we get hot from physical activity or from being in a warm atmosphere.

When we perspire, we lose moisture. We get wet. Germs just love to grow in dampness. So we must be careful to wash the damp parts of our body: groin, armpits and between our toes. And don't forget to have a bath or shower after sport!

True or False?

- | | | |
|--|-------------------------------|--------------------------------|
| 1. Pores of the skin let out sweat. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 2. We can digest food with our skin.. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 3. Skin has very few pores. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 4. Skin lets out of 1 litre of sweat every day. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 5. When we perspire, we lose blood. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 6. Perspiring helps the body keep at a constant temperature. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 7. Germs grow in damp parts of the body. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 8. You certainly should not wash after sport!. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 9. We perspire more when it's hot. | True <input type="checkbox"/> | False <input type="checkbox"/> |
| 10. Damp parts of the body are hands, nose and stomach. | True <input type="checkbox"/> | False <input type="checkbox"/> |