

## The Human Body Skin

Believe it or not, your skin is an **organ**<sup>1</sup>. It's the largest organ of the human body. If an adult man's skin were spread out flat, it would weigh 150 pounds! It would also cover about 20 square feet, the size of a small room.

The skin plays many important roles. It acts as a barrier and helps protect the body from disease. Skin helps keep harmful bacteria and chemicals from entering the body. It also prevents the escape of fluids from inside the body.

The skin also acts as the body's cooling and heating system. **Glands**<sup>2</sup> in the skin help keep a person's body temperature just right. They release sweat when a person gets too hot. The sweat **evaporates**<sup>3</sup> and cools the body. Blood vessels in the skin play a role, too. If a person gets too cold, they narrow. This helps keep heat in the body. The skin has many nerve endings as well. They act like the body's alarm system. They are sensitive to cold and heat. They are also sensitive to pain, pressure and touch.

The skin needs proper care to stay healthy. Bathing regularly keeps the skin free of dirt and helps prevent skin infections. Using sunscreen regularly is also very important. The sun is probably one of the skin's biggest enemies. It can cause skin cancer or painful burns. Applying sunscreen whenever you are in the sun will protect it and help keep it beautiful!

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<sup>1</sup> **Organ**- a part of the body that does a specific job

<sup>2</sup> **Glands**- an organ that allows substances, like sweat to leave the body

<sup>3</sup> **Evaporates**-when liquid changes into a gas or vapor and disappears

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. Skin is NOT

- a. an organ
- b. a barrier
- c. protection
- d. unbreakable

2. Based on the passage, the word “barrier” means

- a. anything that prevents people or things from going past it
- b. anything that allows people or things to go past it
- c. a door that is always open
- d. a fence you can crawl through

3. When is it okay NOT to wear sunscreen?

- a. If you are indoors
- b. When you're playing a game of softball
- c. When you playing in your friend's yard
- d. When you go for a long walk

4. Compared to the skin, a person's glands are

- a. larger
- b. of equal size
- c. smaller
- d. none of the above

5. What does skin do?

- a. Separate what's in your body from what's outside of it
- b. Make sure the body's temperature is just right
- c. Let you know when it's hot or cold
- d. All of the above

6. What might be another good title for this passage?

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7. How do glands cool the body?

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8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Sun can badly damage your skin \_\_\_\_\_ you use sunscreen.

- a. if
- b. while
- c. unless
- d. because

9. Answer the following questions based on the sentence below.

You should take care of your skin to keep yourself healthy.

Who? you

(should) What? \_\_\_\_\_

Why? \_\_\_\_\_

10. **Vocabulary Word:** evaporate: when a liquid changes into a gas and disappears.

Use the vocabulary word in a sentence: \_\_\_\_\_

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## Teacher Guide and Answers

**Passage Reading Level:** Lexile 670

**Featured Text Structure:** Descriptive – the writer explains, defines or illustrates a concept or topic

**Passage Summary:** Skin is the body's largest organ. It acts as a barrier between the inside and outside of the body, helps keep the body at the right temperature, and is sensitive to touch.

1. Skin is NOT
  - a. an organ
  - b. a barrier
  - c. protection
  - d. **unbreakable**
2. Based on the passage, the word "barrier" means
  - a. **anything that prevents people or things from going past it**
  - b. anything that allows people or things to go past it
  - c. a door that is always open
  - d. a fence you can crawl through
3. When is it okay NOT to wear sunscreen?
  - a. **If you are indoors**
  - b. When you're playing a game of softball
  - c. When you playing in your friend's yard
  - d. When you go for a long walk
4. Compared to the skin, a person's glands are
  - a. larger
  - b. of equal size
  - c. **smaller**
  - d. none of the above
5. What does skin do?
  - a. Separate what's in your body from what's outside of it
  - b. Make sure the body's temperature is just right
  - c. Let you know when it's hot or cold
  - d. **All of the above**

6. What might be another good title for this passage?

**Suggested answer:** Answers may vary, but should demonstrate the main idea of the passage. For example, “All About Skin”, “The Many Sides of Skin”, “Amazing Skin!”

7. How do glands cool the body?

**Suggested answer:** Glands cool the body by releasing sweat, which evaporates and cools the body.

8. The question below is an incomplete sentence. Choose the word that best completes the sentence.

Sun can badly damage your skin \_\_\_\_\_ you use sunscreen.

- a. if
- b. while
- c. unless**
- d. because

. Answer the following questions based on the sentence below.

You should take care of your skin to keep yourself healthy.

Who? you

(should) What? **take care of your skin**

Why? **to keep yourself healthy**

10. **Vocabulary Word:** evaporate: when a liquid changes into a gas and disappears.

Use the vocabulary word in a sentence: answers may vary.