



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

It protects us, regulates our body temperature, and helps us to feel things. It also happens to be the largest organ in the body. What is this wonderful body part? The skin! The following discussion questions and activities will help your students learn more about the skin they live in, what it does for them, and how they can take care of it throughout their lives.

Related KidsHealth Links

Articles for Kids:

The Whole Story on Skin

KidsHealth.org/kid/body/skin_noSW.html

Taking Care of Your Skin

KidsHealth.org/kid/stay_healthy/body/skin_care.html

Checking Out Cuts, Scratches, and Abrasions

KidsHealth.org/kid/ill_injure/aches/cuts.html

Eek! It's Eczema!

KidsHealth.org/kid/ill_injure/aches/eczema.html

Articles for Teens:

Skin, Hair, and Nails

KidsHealth.org/teen/your_body/body_basics/skin_hair_nails.html

Tips for Taking Care of Your Skin

KidsHealth.org/teen/your_body/take_care/skin_tips.html

Can I Prevent Acne?

KidsHealth.org/teen/your_body/beautiful/prevent_acne.html

Tanning

KidsHealth.org/teen/safety/safebasics/tanning.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. While you may not think of skin as an organ, it is the largest one in the body and can weigh 9 pounds or more! Make a list of the many ways your skin helps you each day.
2. Why is it so important to care for your skin properly? What happens if you don't take care of it? Brainstorm a list of problems that can occur with the skin.
3. What tips would you give someone to help them care for their skin?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Skin Is In!

Objectives:

Students will:

- Discover what the skin does
- Identify the three layers of the skin and learn how they function

Materials:

- Computer with Internet access
- Pen and paper

Class Time:

1½ to 2 hours

Activity:

Ladies and gentlemen, welcome to the fifth annual Organ Awards! My name is E.C. Zema and I will be hosting this special occasion. Tonight we will be honoring one of the hardest-working organs in the business – one that many of us don't even realize is an organ! Yes, I am talking about your skin! Let's take a look to see why skin is so important.

First read the articles at KidsHealth to learn what makes skin so special. Next write the program that pays tribute to this organ. Why does skin deserve this honor? What does it do for us? How? Be sure to include information about the different components of the skin and how they help the skin function as a whole.

Extensions:

1. Now that you have recognized the hard work skin does, write the skin's speech to accept this award. Using the articles at KidsHealth, explain why the skin might appreciate such an honor and describe what it needs to stay healthy for years to come.
2. Now that you know what your skin does and how to care for it, take some time to evaluate your skin-care skills. What do you do now to take care of your skin? What are some ways you can better care for your skin?



What's On the Skin You're In?

Objectives:

Students will:

- Learn about various skin conditions
- Identify ways to prevent and treat these conditions

Materials:

- Computer with Internet access
- Art supplies (pens, markers, crayons)
- Lined and unlined paper

Class Time:

2 hours

Activity:

As part of a special series on skin, your favorite teen magazine has asked you to create a guide for teens that uncovers the facts about several skin conditions. First do some research about the kinds of problems that can surface on the skin. Next select 3 skin conditions and design a guide that explains what they are, what causes them, how they might be prevented, and how to treat them. Finally, include pictures to help convey your ideas.

Extensions:

1. Write a letter to the magazine about a skin condition that concerns you. In your letter, describe the condition and ask for help in some way. Next submit your letter by switching letters with a classmate, and write a response to your partner's letter based on the information at KidsHealth.
2. Develop a new skin care product to treat a skin condition of your choice. What is the product? What does it do? How does it prevent and/or treat this condition? Next create a magazine advertisement to promote your skin care product. Think of ways to appeal to people your age by using pictures and words they might use.

Reproducible Materials

Quiz: Skin

KidsHealth.org/classroom/6to8/body/systems/skin_quiz.pdf

Answer Key: Skin

KidsHealth.org/classroom/6to8/body/systems/skin_quiz_answers.pdf



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. List 2 functions of the skin.

2. The main role of the cells in the first layer of the skin, the _____, is to create new skin cells.

3. The second layer, the _____, tells your brain when you have touched something and also produces oil to keep the skin from getting dry.

4. The third layer of the skin is the _____ layer, and it helps the body stay warm.

5. True or False. Popping a pimple helps it heal faster. _____

6. List two ways to care for your skin each day.

7. Name three skin problems that may arise as a result of not wearing sunscreen with SPF and/or too much tanning.

8. This condition is the result of the skin coming into contact with an allergen. It leaves the skin red, dry, and flaky.

- a. cold sores
- b. eczema
- c. wrinkles
- d. melanoma

9. In order to reduce the amount of acne you have, be sure to

- a. scrub your face with a washcloth
- b. wash your face as often as possible
- c. gently wash with mild soap twice a day

10. True or False. Eating chocolate or other sugary food causes acne. _____



Name: _____

Date: _____

Quiz Answer Key

Instructions: Answer each question.

- List 2 functions of the skin.
any two of the following: protects the body, regulates body temperature, allows for sense of touch, keeps everything in
- The main role of the cells in the first layer of the skin, the epidermis, is to create new skin cells.
- The second layer, the dermis, tells your brain when you have touched something and also produces oil to keep the skin from getting dry.
- The third layer of the skin is the subcutaneous layer, and it helps the body stay warm.
- True or False. Popping a pimple helps it heal faster. false
- List two ways to care for your skin each day.
any two of the following: wash hands with warm water, shower in warm water and use mild soap, gently wash your face with mild soap twice a day, use moisturizer if necessary, use sunscreen with SPF 15 or more
- Name three skin problems that may arise as a result of not wearing sunscreen with SPF and/or too much tanning.
any three of the following: skin cancer, wrinkles, blotchiness, leathery skin, brown spots

- This condition is the result of the skin coming into contact with an allergen. It leaves the skin red, dry, and flaky.
 - cold sores
 - eczema
 - wrinkles
 - melanoma
- In order to reduce the amount of acne you have, be sure to
 - scrub your face with a washcloth
 - wash your face as often as possible
 - gently wash with mild soap twice a day
- True or False. Eating chocolate or other sugary food causes acne. false