

# Ch 2-Lesson 1: Healthy Skin, hair & Nails

Health 5-Mrs. Maus

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

## Guided reading outline

1. Your skin is a body organ like your heart or brain. In fact, it is the \_\_\_\_\_ organ of all.
2. The skin has 4 main functions. 1. It is a shield against \_\_\_\_\_. 2. It is a defense against \_\_\_\_\_. 3. It helps control \_\_\_\_\_. 4. It works as a \_\_\_\_\_.
3. Your skin has 2 main layers, an outer layer and an inner layer. The outermost layer of skin is called the \_\_\_\_\_ and the thick inner layer of skin is called the \_\_\_\_\_.
4. Through shedding, you replace your outer skin about \_\_\_\_\_ a month!
5. Proper skin care should be a part of your daily routine. Take a bath or shower \_\_\_\_\_ day! During the preteen and teen years the sweat glands become more active and daily bathing/showering with \_\_\_\_\_ will help keep it clean and rid your skin of bacteria and excess \_\_\_\_\_.
6. Apply deodorant or antiperspirant \_\_\_\_\_! Sweat glands are numerous under the arms and any bacteria there may cause an unpleasant \_\_\_\_\_.
7. A skin problem to teens and preteens is \_\_\_\_\_, in which oil glands produce great quantities of a whitish oily substance called sebum. When sebum clogs the pore you get \_\_\_\_\_ (whiteheads, blackheads, & pimples)
8. Other skin problems are caused by different types of germs: \_\_\_\_\_ are small growths caused by a virus; boils are skin infections accompanied by swelling, \_\_\_\_\_ and a build up of pus; and \_\_\_\_\_ are caused by a virus and appear as small sores on or near the lips and usually go away in \_\_\_\_\_ to \_\_\_\_\_ days. They can \_\_\_\_\_ if scratched or broken!
9. Sunburn is caused by \_\_\_\_\_ rays, or light rays that come from the sun. In addition to causing sunburn, UV rays make the skin \_\_\_\_\_ and \_\_\_\_\_ faster and may lead to \_\_\_\_\_ cancer!
10. The hair that you see is made up of \_\_\_\_\_ cells. As new hair cells are formed, old ones are forced to the surface of the skin and die. For healthy hair your daily routine should include the following. . . . . \_\_\_\_\_ your hair once a day to remove \_\_\_\_\_ and to move oils down the hair shaft (the oils make the hair shiny & attractive) \_\_\_\_\_ your hair frequently with a gentle soap or shampoo. It is best to let your hair dry naturally because the heat from a hair \_\_\_\_\_ can rob your hairs of oils making hair ends rough and \_\_\_\_\_.