

SKIN AND SWEATING

READING COMPREHENSION



If you look at yourself in the mirror, you will always see your skin. But what is the skin? Why do we have it for?

We all have skin, and it covers our entire body. Maybe you don't know it, but the skin is the largest organ in our body and it has lots of precious functions to enable us to live, meaning that the skin is multipurpose. Let's check the functions out!

Protection is the basic function of the skin. It helps to keep the bad stuff out, like bacteria, germs and other diseases. On the other hand, it keeps the good stuff in, like water, blood and internal organs.

Another function is the sense. The skin houses one of the five senses: the touch. In our skin there are thousands of receptors cells. These cells send information to our brain to tell what we feel, they can say if it is too hot or cold, or painful, rough or smooth. There are different types of sensations in our entire body.

In addition, the skin can also control the temperature of the body. It's known that the body works better when its temperature is around 37° C. When your body gets hotter, the brain reacts to make it cool and comfortable, then, you sweat. That's the way the skin regulates our body's temperature.

Although we cannot see, our skin has different layers and each one of them has its own function. The epidermis is the outer layer of the skin and its function is to protect our body and it gives a tone to our skin. The dermis, beneath the epidermis, houses the sweat glands and blood cells. The hypodermis, the deepest skin layer, connects the skin to the bones and muscles.

Apart from that, the tone of our skin is given by the epidermis. It depends on special cells called melanocytes which produce the pigmentation. If you have a light skin you may have a low amount of melanin, but if you have a dark skin, you may have a huge amount of melanin.

1 What is the largest organ in the human body?

- a) Heart
- b) Brain
- c) Skin
- d) Liver

2 What is the main function of the skin?

- a) To help with digestion
- b) To protect the body and regulate temperature
- c) To produce oxygen
- d) To make blood cells

3 How does the skin protect the body?

- a) By letting bacteria enter
- b) By keeping harmful things out and good things in
- c) By producing oxygen
- d) By breaking down food

4 What sense is related to the skin?

- a) Smell
- b) Taste
- c) Touch
- d) Hearing

5 What helps the skin feel sensations like hot, cold, or pain?

- a) Blood cells
- b) Sweat glands
- c) Special receptor cells
- d) Muscles

6 What happens when the body gets too hot?

- a) The brain produces cold air
- b) The skin releases sweat to cool it down
- c) The bones absorb heat
- d) The muscles shiver

7 **What does the skin help keep inside the body?**

- a) Germs and bacteria
- b) Water, blood, and internal organs
- c) Sweat and dust
- d) Heat and oxygen

8 **What layer of the skin is on the outside?**

- a) Epidermis
- b) Dermis
- c) Hypodermis
- d) Melanin

9 **What is the function of the dermis?**

- a) To protect the body from the sun
- b) To store bones and muscles
- c) To house sweat glands and blood vessels
- d) To remove waste from the body

10 **What gives skin its color?**

- a) Blood
- b) Sweat
- c) Melanin
- d) Epidermis

11 **If a person has a darker skin tone, they have more _____.**

- a) Blood
- b) Sweat
- c) Melanin
- d) Receptors

12 **Which layer of the skin connects it to muscles and bones?**

- a) Epidermis
- b) Dermis
- c) Hypodermis
- d) Sweat glands

13 Which of the following is NOT a function of the skin?

- a) Protection
- b) Helping with digestion
- c) Controlling body temperature
- d) Allowing the sense of touch

14 How does sweating help the body?

- a) It makes the skin darker
- b) It keeps the skin dry
- c) It cools the body down
- d) It removes bacteria from the skin

15 What connects the skin to the brain and helps us feel sensations?

- a) Blood cells
- b) Receptor cells
- c) Sweat glands
- d) The hypodermis