

Human Skin: Drag and drop the boxes to match with the headings.

The largest organ	
consisted with two layers	
Functions	
Tips for healthy skin	

- Weighs about 4.5 kg
- 1-2mm in thickness

- Epidermis
- Dermis

- Nutritive diet (Fresh fruits & Veg. v vitamin A&E , adequate water)
- Be gentle(Bath daily, use mild soap, moisture riser)
- Avoid harsh sun light(use UV protections)
- Avoid smoking and smokers
- Manage stress

- protection
- regulation of body temperature
- As a sensory organ(pressure, touch, temperature)
- As an excretory organ (water, urea, uric acid)
- Synthesis of vitamine D (when exposed to sun light)