

Pupil tests

The tests on pages 23–25 will show how well you can:

- Understand words
- Find information
- Identify the main idea

You will be working on your own.

Read the report.

Skin

Imagine what our body would be like if we didn't have skin to hold everything together. Skin is our body's largest organ. It is incredible; it grows with us, protects us, gives us our sense of touch; and helps to keep us warm or cool.

The skin is made up of three layers:

1. The epidermis

This is the bit we can see. But did you know, the skin you see is dead? Underneath that dead layer of skin cells, new skin cells are being made.

This layer also makes melanin. This gives your skin its colour. The

more melanin your skin cells make, the darker the skin. Melanin also helps to protect your skin from the harmful rays of the sun.

2. The dermis

This layer is hidden under the epidermis. It contains:

- nerve endings which give us our sense of touch
- blood vessels which keep our skin cells healthy and full of oxygen
- sebaceous (oil) glands to keep our skin lubricated and protected
- sweat glands.

3. The subcutaneous layer

This is the bottom layer. It is made up mostly of fat. It helps to keep us warm and absorbs any knocks and bumps we might have. This layer helps to hold the skin onto the rest of our body.

It is important to look after our skin. It needs to be kept clean, so washing it with warm soapy water is a really good way to keep it healthy. We should also protect our skin from the harmful rays of the sun. Wearing sunscreen, a hat and protective clothing helps to keep our skin healthy.

