



# SKIN TRUE OR FALSE QUESTIONS

*Intro to Skin Health Handout, ages 11-13*

1. The layers of the skin in order from top to bottom are: dermis, epidermis, and subcutaneous fat. (**FALSE:** epidermis, dermis, subcutaneous fat)
2. The epidermis layer gives skin color. (**TRUE.** BONUS POINT: What is the thing called that gives skin its color? Melanin.)
3. The subcutaneous fat layer acts like glue, connecting tissue to muscles and bone. (**TRUE**)
4. You have about 40,000 skin cells on your body. (**FALSE:** 19 million skin cells OR we lose 40,000 skin cells a day).
5. Our skin makes sweat to keep our hair soft. (**FALSE:** To keep us cool/get rid of bad stuff).
6. We have 650 sweat glands on our whole body. (**FALSE:** 650 sweat glands per square inch).
7. The epidermis makes new cells, replacing the old ones that flake off. (**TRUE:** BONUS POINT: How long do new skin cells last for? A month).
8. The layer of skin with the oil shop is the epidermis. (**FALSE:** Bonus Point: Epidermis).
9. The stored fat in the subcutaneous fat protects our body from bumps and bang ups. (**TRUE**)
10. Skin cells start out flat before they get fat and fall off. (**FALSE:** Starts out fat before getting flat and flaking off.)