

Skin - The Jack of All Trades

Chapter 13: Skin - The Jack of All Trades · Topic 1

Key Concept

The skin protects the body from pathogens, physical damage, and harmful UV radiation, acting as a barrier against the external environment.

The skin regulates body temperature through sweating (cooling) and adjusting blood flow to the skin's surface (warming or cooling).

Skin contains sensory receptors detecting touch, pressure, temperature, and pain, helping us interact safely with our environment.

The skin also synthesises vitamin D when exposed to sunlight, essential for bone health and various other bodily functions.

Quick Revision Notes

- The skin is the body's largest organ.
- It protects against pathogens and physical damage.
- It also protects against harmful UV radiation.
- Skin regulates temperature through sweating.
- Blood flow adjustment also helps regulate temperature.
- Skin has sensory receptors for touch, pressure, temperature, pain.
- Skin synthesises vitamin D from sunlight.
- Vitamin D is essential for bone health.

Practice Questions

- 1 List three functions of the skin.
- 2 Discuss how sweating helps regulate temperature.
- 3 Explain how skin protects us from UV radiation.
- 4 Research how skin produces vitamin D.
- 5 Discuss why sensory receptors in skin are important.
- 6 Explain why skin is called the body's largest organ.