

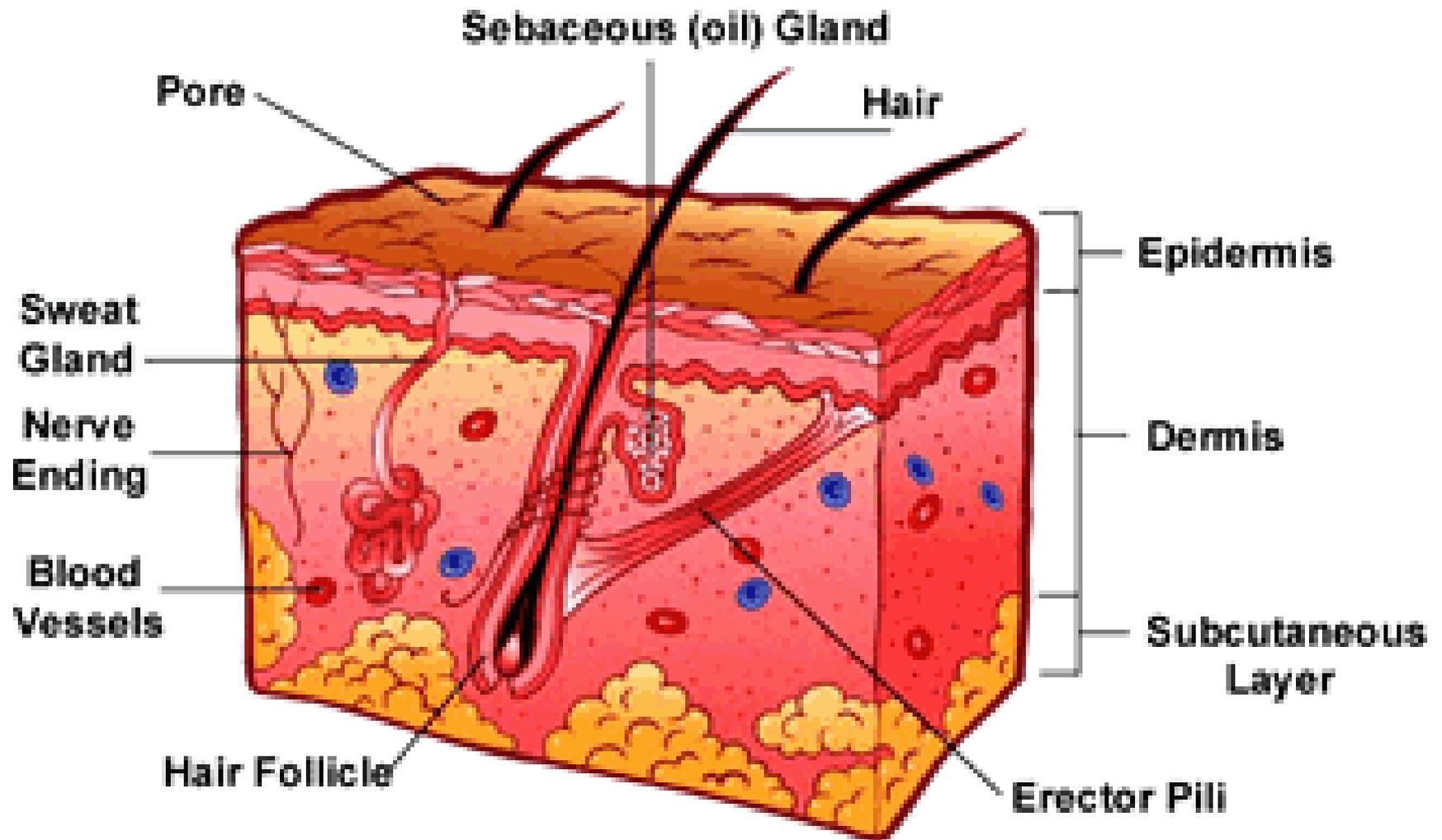
Station 10 – Skin Start Here

You are now on the inside of the skin!
(Point to picture in flipbook.)

We're going to talk about how important it is to take good care of our skin on both the inside and the outside.

(If using – Say)

After we're done here, you will be able to leave the body through a cut in the skin.



Skin is a protective covering for the body. It covers all of the other body parts you've visited.

It helps protect your muscles, your bones, your heart---all of your body parts. You need to take good care of your skin.



One way we can take good care of our skin is by avoiding cuts, scrapes and bruises.

But if we do injure our skin, it's important to keep cuts clean and covered.



In the muscles you learned that protein is important to build strong muscles. But protein is important for your skin too. Protein and vitamin C help heal cuts in the skin. Do you remember which foods are high in protein?

(Wait for responses.)

Right! Protein comes from the meat and dairy groups.

Where do you think vitamin C comes from? *(fruit group)*
(Use food models and show foods that are good sources of vitamin C.)

The body doesn't store vitamin C so you need to eat foods with vitamin C every day.

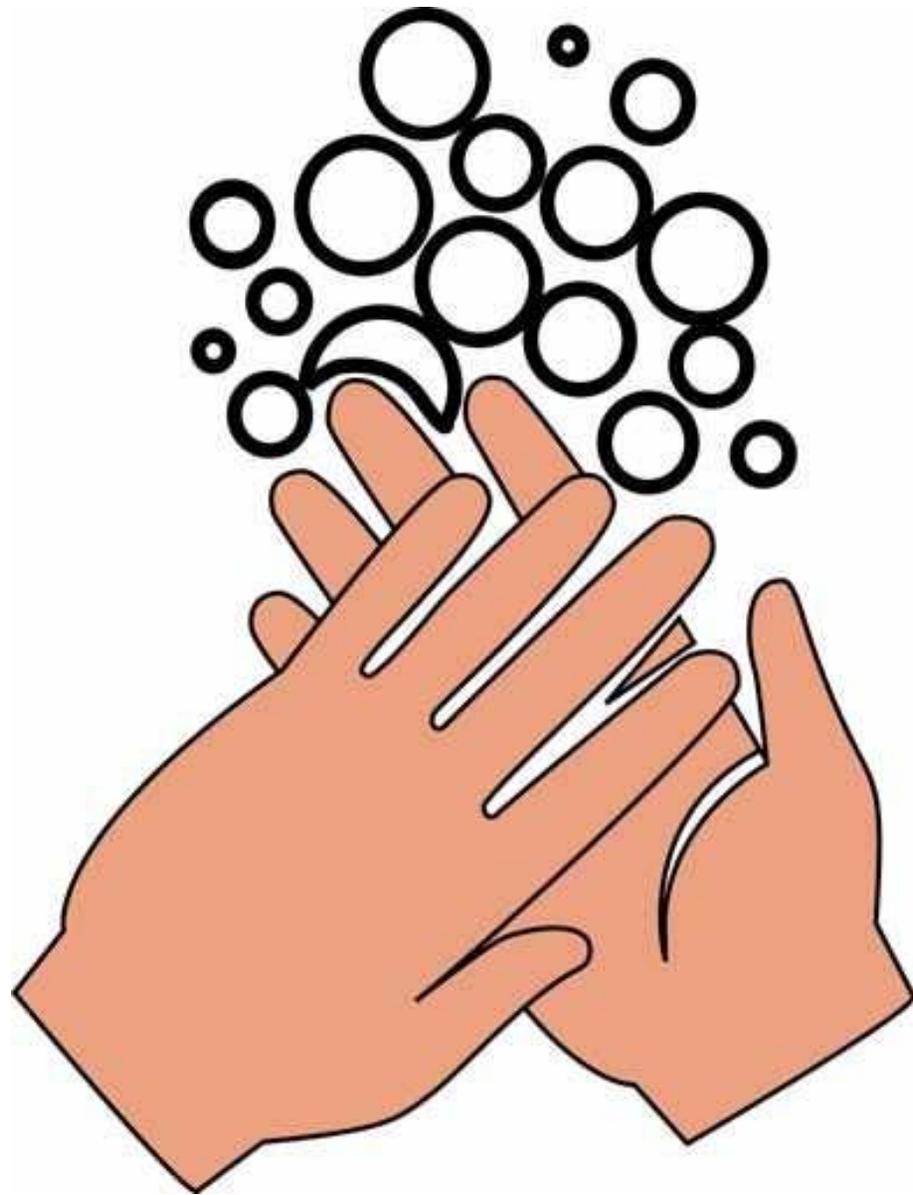


EAT SMART. PLAY HARD.™
Food and Nutrition Service, USDA

©

If we wash our hands often, we can help keep the skin on our hands clean. Clean hands help protect the food we eat.

Even if we try to keep our hands clean, it's very easy to get germs from someone else. Let's look at how we pass germs from one person to another.



(Ask for a volunteer to have “pretend” germs applied to their hand. Explain that it doesn’t hurt and it’s really not germs. Ask child to hold up hand. Apply “germs” lightly to the palm of child’s right hand.)

Can anyone see the pretend germs? No, they are just like real germs. They are too small for us to see.

(Ask child to put that hand under the black light and ask other children to look at the pretend germs. Now ask two other children to put their hands under the black light. Do they have the germs? No. Now ask the first child to shake hands with the two other students. All children should now put their hands under the black light and look at the “germs”. Point out how easily germs were spread just by shaking hands.)



GERMS

(Point to picture of person with too much sun exposure in flipbook)

Too much sun can hurt the skin.

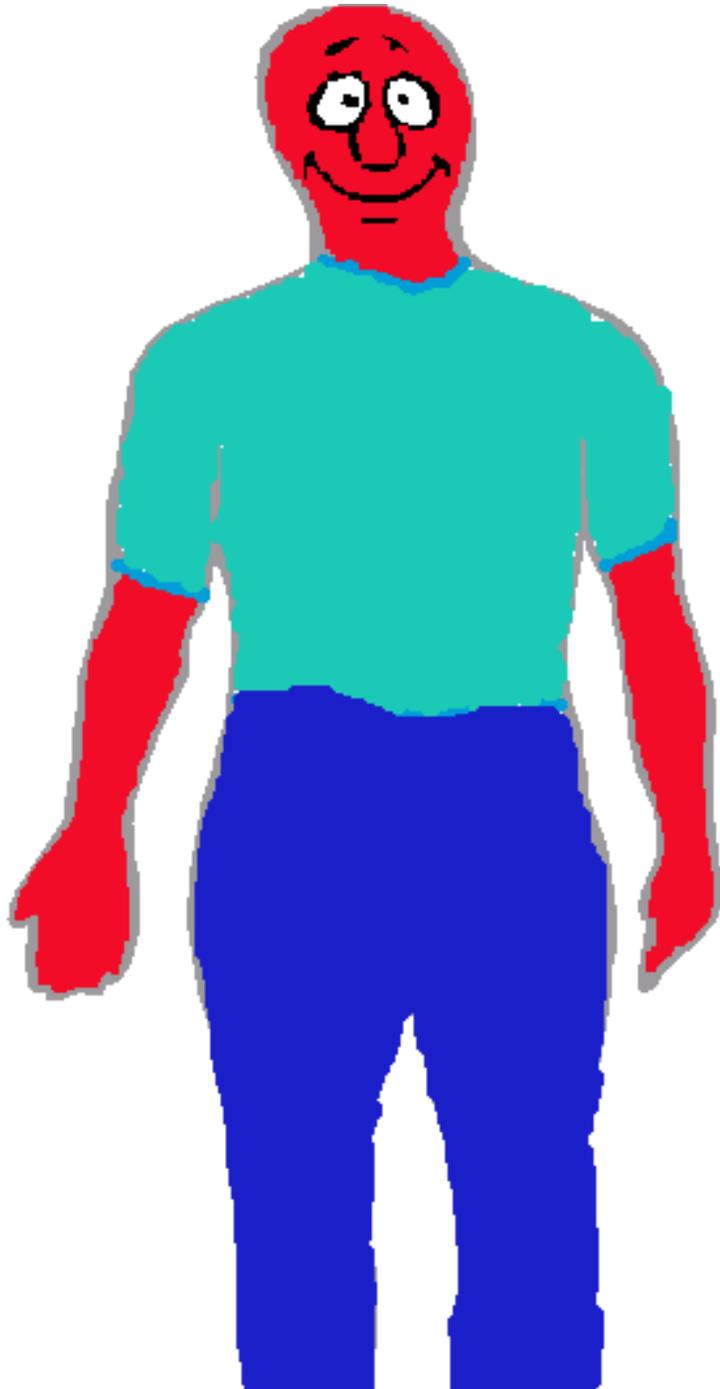
Wearing sunscreen helps protect the skin.

How many of you use sunscreen?

(Wait for a show of hands.)

It's a good idea to wear sunscreen whenever you are in the sun. Don't forget your face, neck and the tops of your ears!

Wearing a big hat and long sleeves will also protect our skin from the sun.

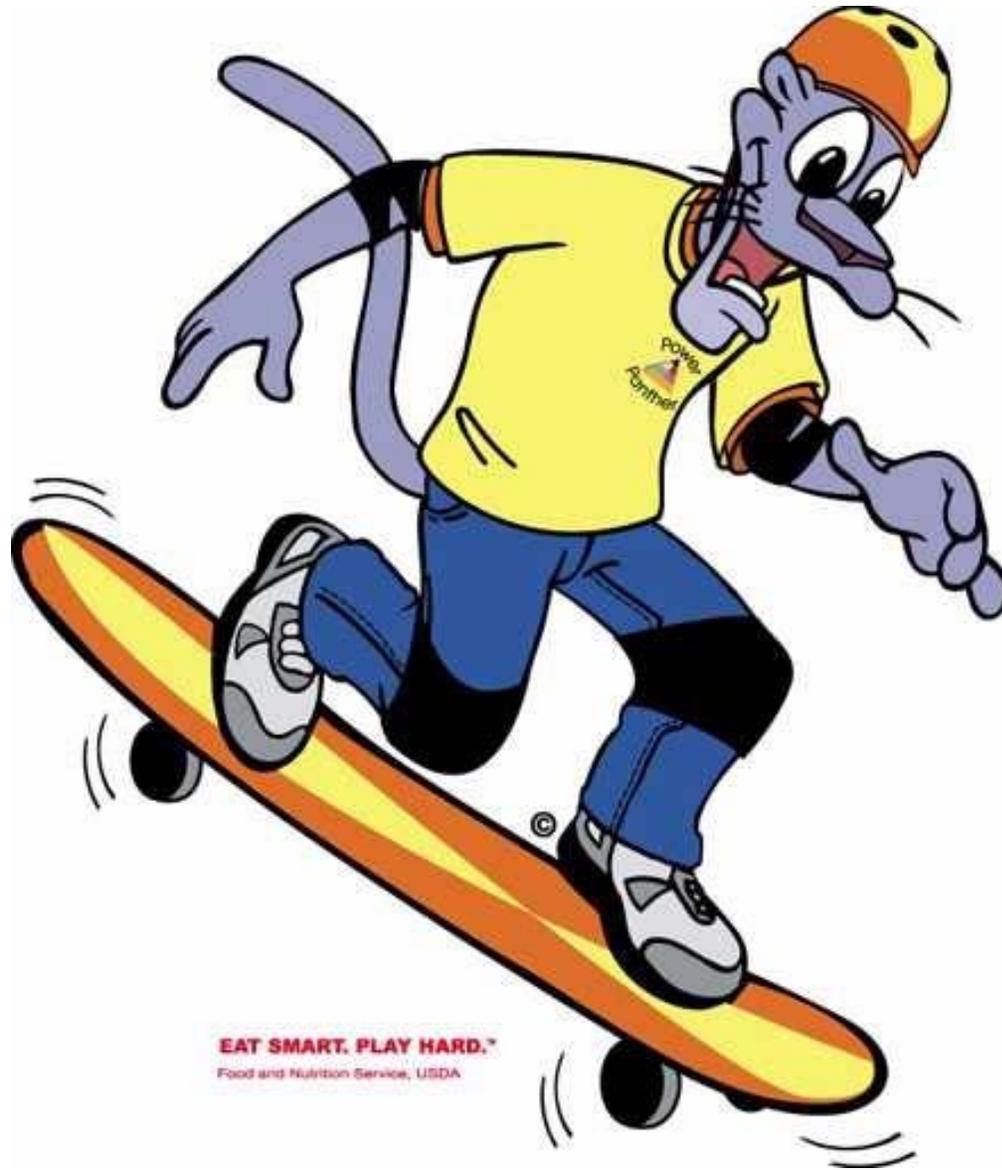


There are other ways we can protect our skin. Look at Power Panther™. Can anybody tell me how he is protecting his skin?

(Wait for responses)

He is wearing a helmet, knee pads & elbow pads!

That's right! We need to wear a helmet and knee and elbow pads anytime we are doing an activity where we could fall, or scrape or cut our skin.



EAT SMART. PLAY HARD.™
Food and Nutrition Service, USDA

(If using – Say)

Now you're ready to leave the body through that cut in the skin.

As you leave, you will travel along the Power Panther™ Pathway to Life to help you remember everything you've learned today.

Station 10 – Skin
End Here

