

 **Subject: Home Economics**

 **Class: JSS1**

 **Term: First Term**

 **Week 5**

 **Topic: The Human Body – The Skin**

Lesson Objectives

By the end of this lesson, students should be able to:

1. Identify the structure and parts of the skin.
 2. Explain the functions of the skin.
 3. State proper care and grooming practices for healthy skin.
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I. Structure and Parts of the Skin

The skin is the **largest organ** of the human body. It protects the internal organs and helps regulate body temperature.

The skin has **three main layers**:

1. **Epidermis** (outer layer):
 - Protects the body from germs, chemicals, and sunlight.
 - Contains melanin (pigment responsible for skin color).
 2. **Dermis** (middle layer):
 - Contains blood vessels, sweat glands, oil glands, nerve endings, and hair follicles.
 - Supports the epidermis.
 3. **Subcutaneous Layer** (inner layer):
 - Made up of fat and connective tissue.
 - Helps insulate the body and absorb shock.
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✓ II. Functions of the Skin

1. **Protection** – Acts as a barrier against bacteria, injury, and harmful substances.
 2. **Regulation** – Controls body temperature by sweating or retaining heat.
 3. **Sensation** – Contains nerve endings that allow us to feel pain, touch, heat, and cold.
 4. **Excretion** – Removes waste products through sweat.
 5. **Vitamin D Production** – Helps the body make Vitamin D in the presence of sunlight.
 6. **Storage** – Stores fat, water, and other nutrients.
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🧴 III. Care of the Skin

To keep the skin healthy, the following practices should be followed:

1. **Regular Bathing** – Bathe at least once daily to remove dirt, sweat, and bacteria.
2. **Use Mild Soap** – Avoid harsh soaps that dry out the skin.
3. **Moisturize** – Apply cream or lotion to keep the skin soft.
4. **Healthy Diet** – Eat foods rich in vitamins and drink enough water.
5. **Avoid Sharing Personal Items** – Towels, sponges, and razors should not be shared.
6. **Avoid Bleaching Creams** – They can damage the skin.
7. **Treat Skin Infections Promptly** – Visit a health center if you notice rashes, boils, or other issues.
8. **Protect Skin from Excessive Sun** – Wear protective clothing or use sunscreen if necessary.