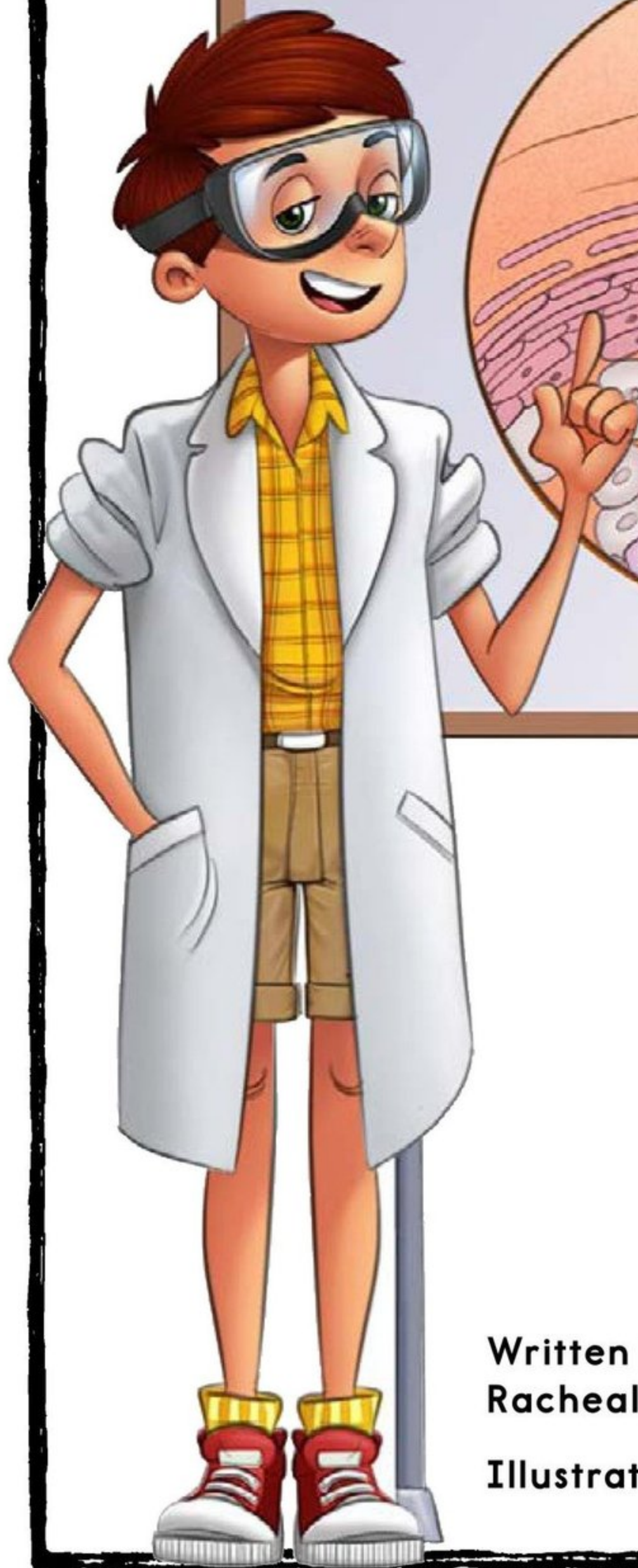


LEVELED BOOK • I

My Skin



Written by
Racheal Rice

Illustrated by Amit Tayal



My Skin



Written by Racheal Rice
Illustrated by Amit Tayal

www.readinga-z.com

Focus Question

Why is your skin
an amazing organ?

Words to Know	
germs	protect
organ	skin
pigment	temperature

My Skin
Level I Leveled Book
© Learning A-Z
Written by Racheal Rice
Illustrated by Amit Tayal

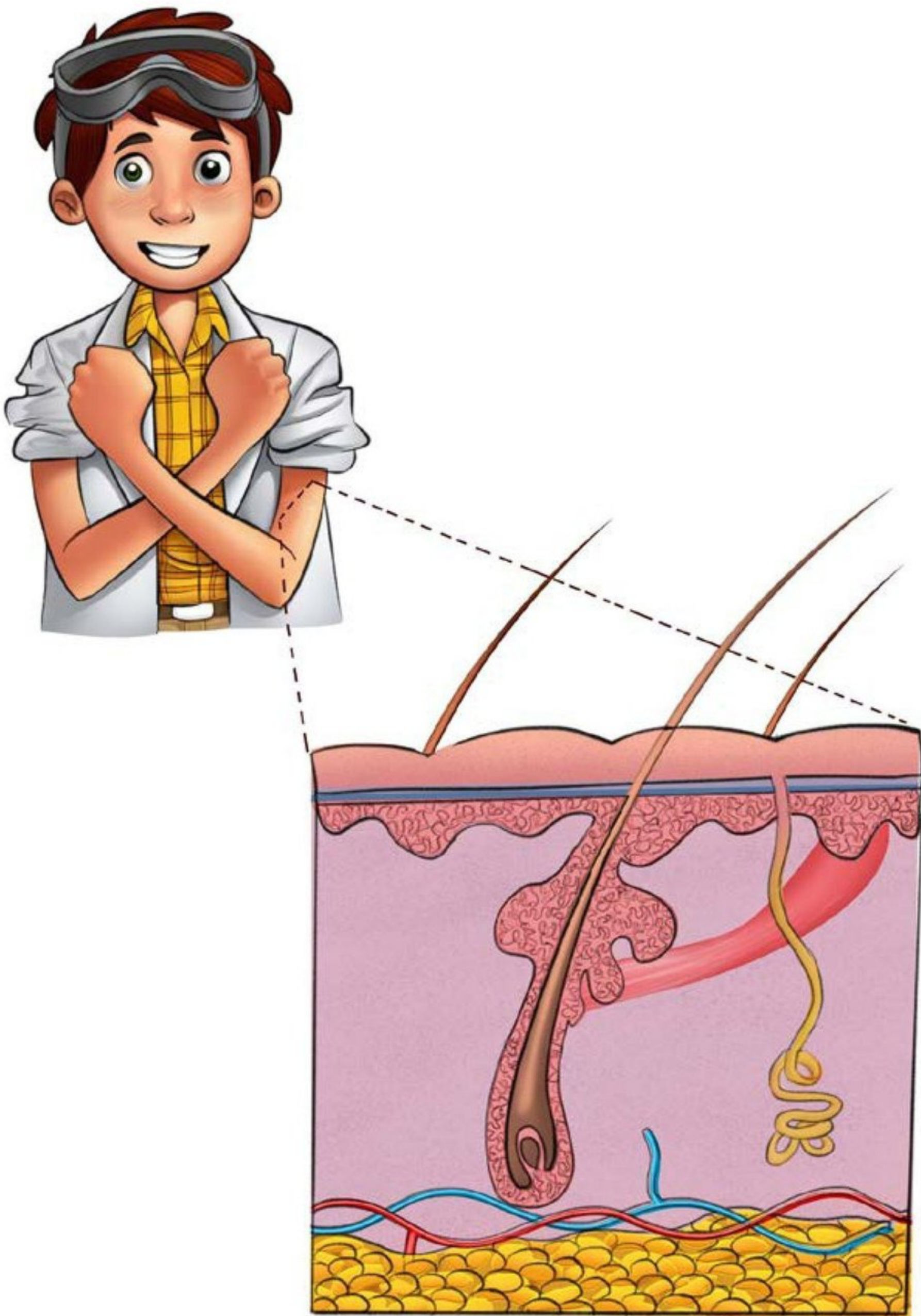
All rights reserved.

www.readinga-z.com

Correlation	
LEVEL I	
Fountas & Pinnell	I
Reading Recovery	15-16
DRA	16



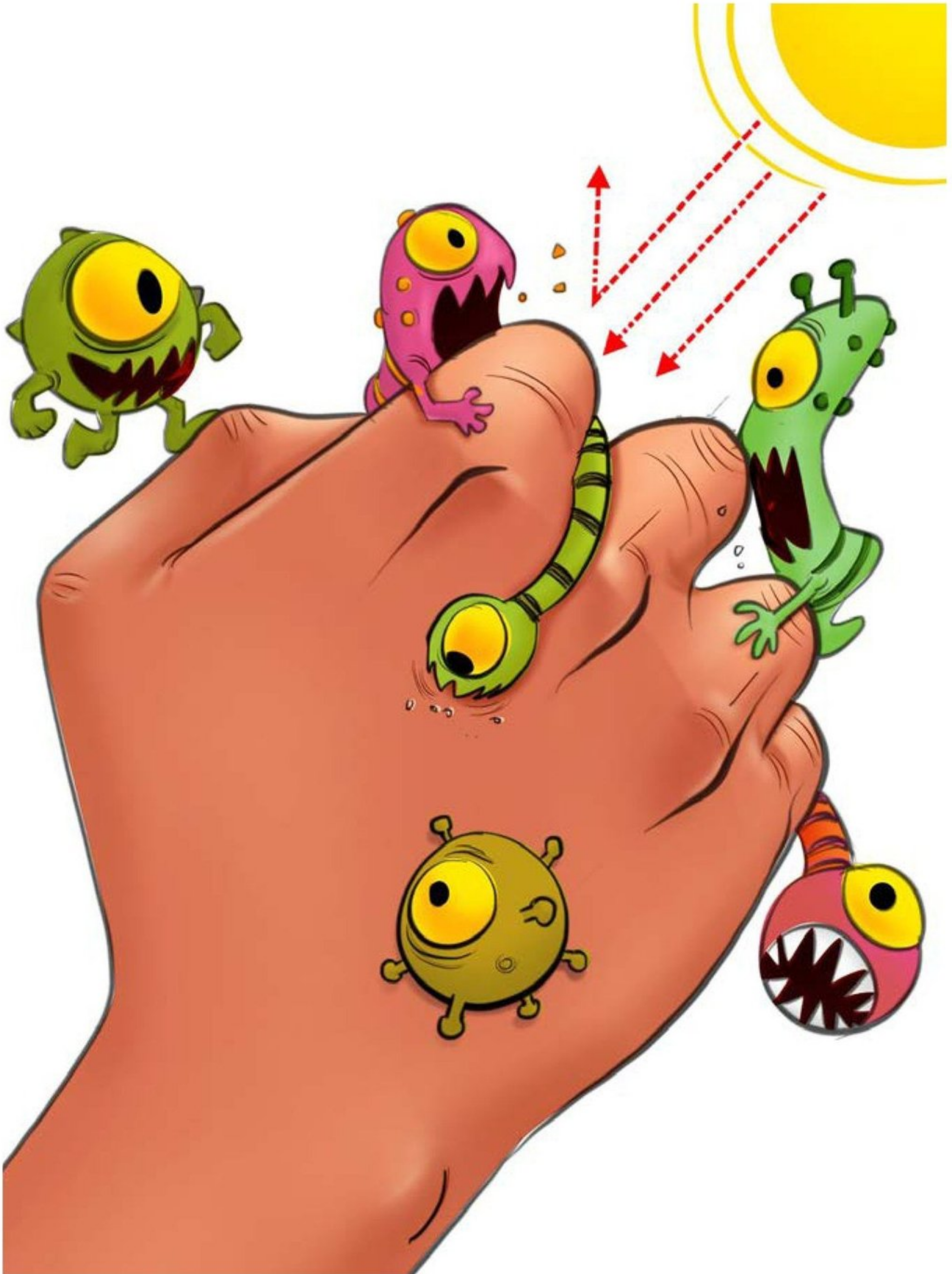
What is my body's largest **organ**?
It's my **skin**!



My skin works as part of a system to keep me alive.

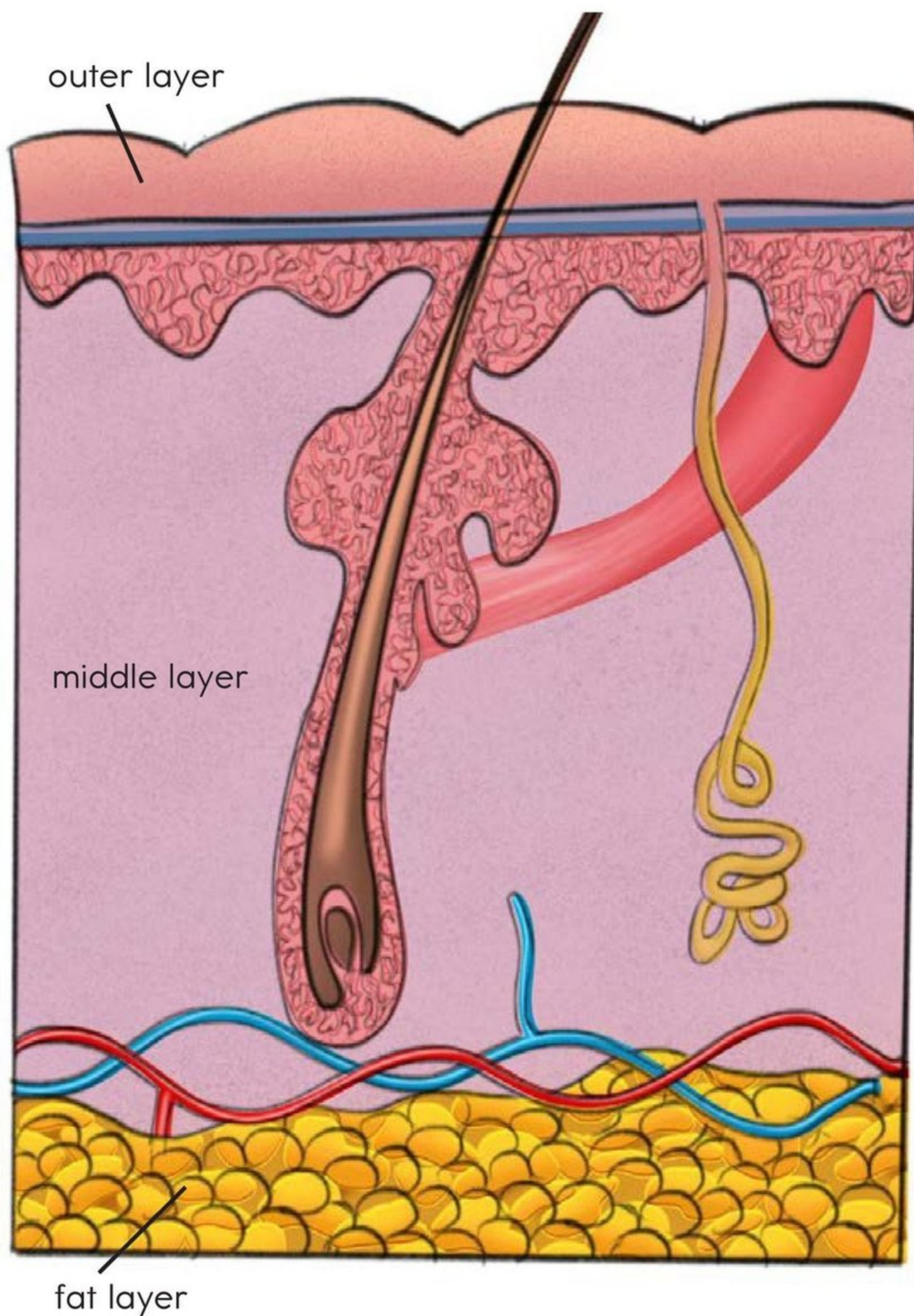
My skin's main job is to **protect** me. It protects me in many ways.

It keeps out many harmful **germs**
and rays from the Sun.





It also helps my body when it gets too hot or too cold.

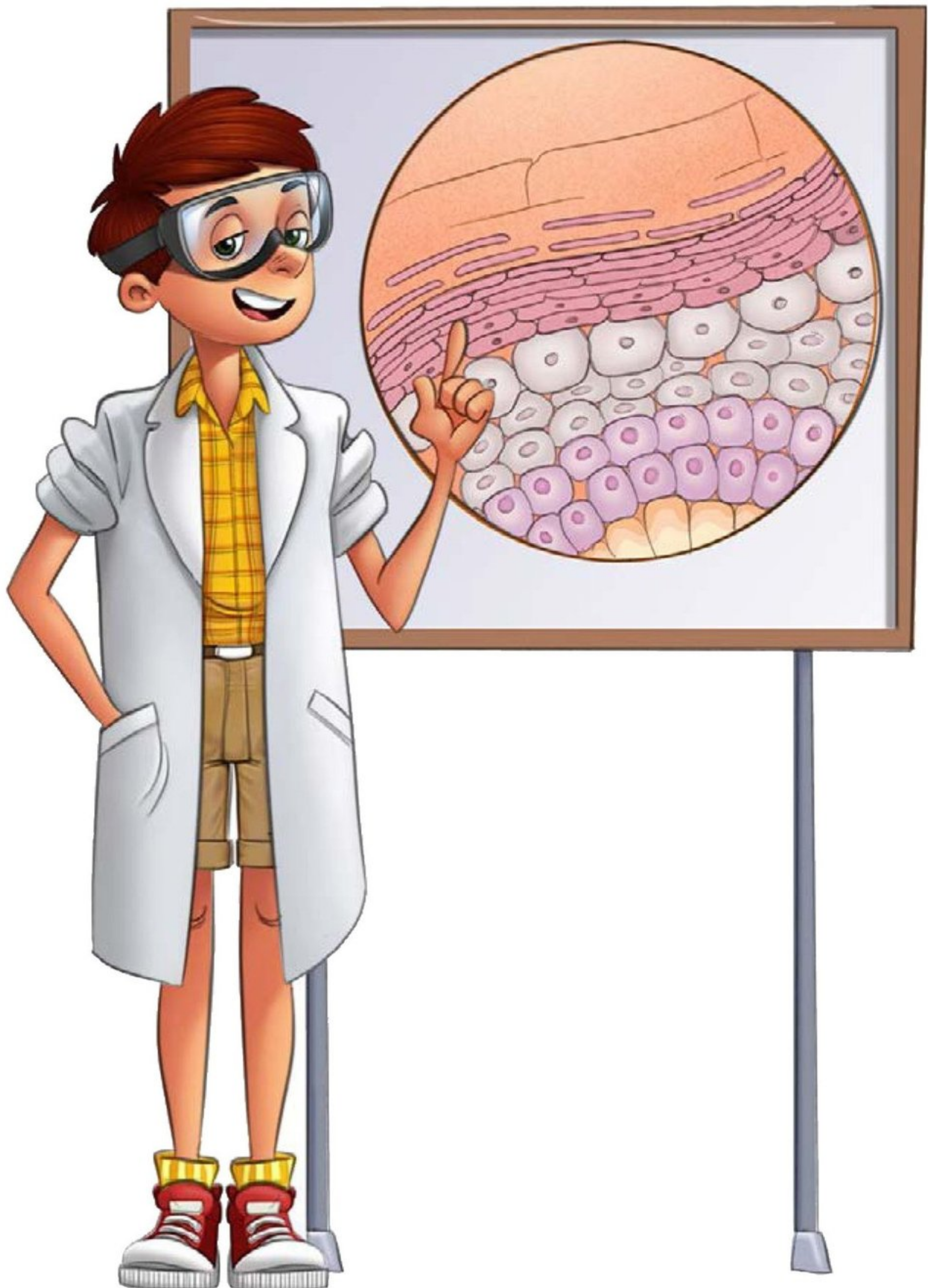


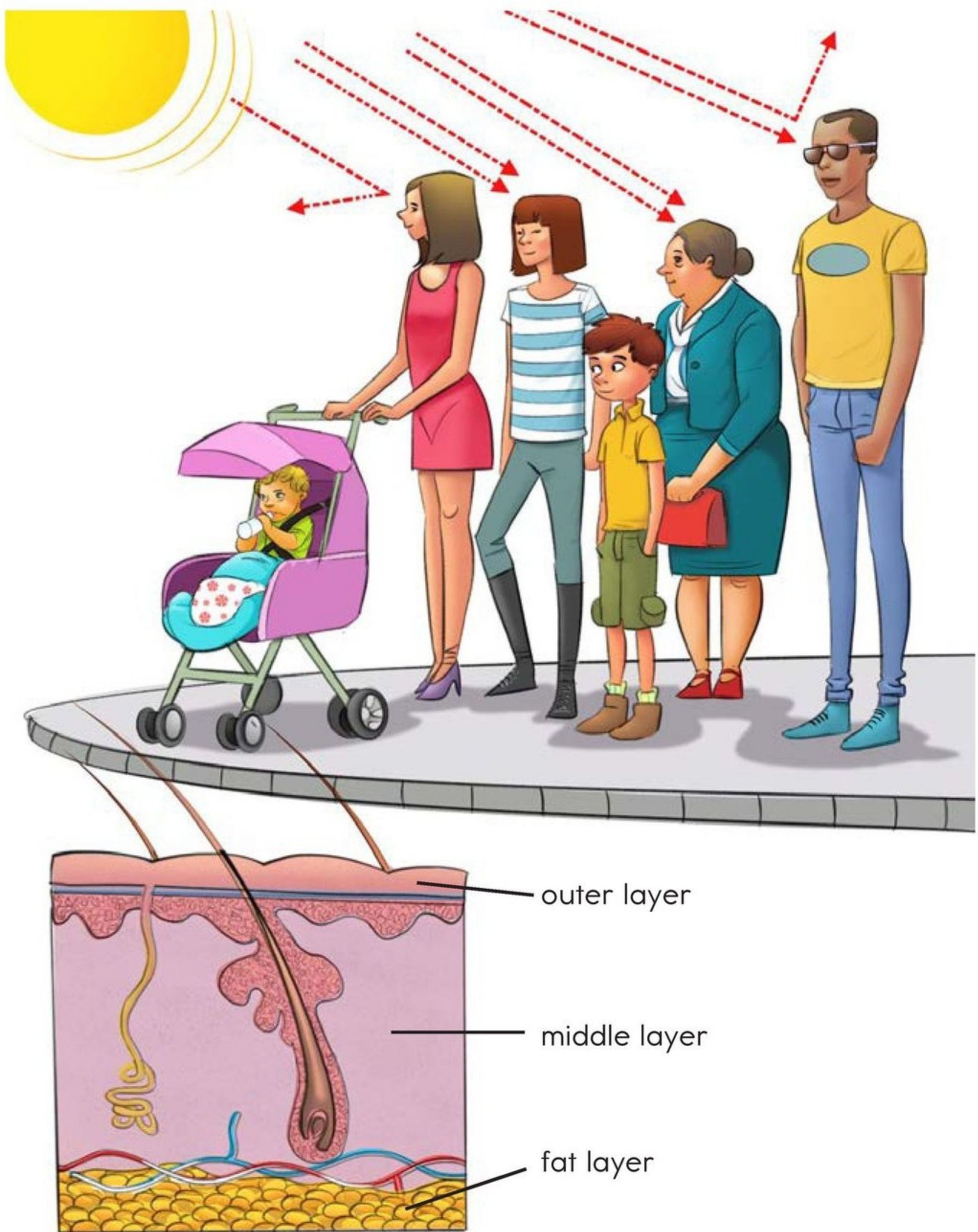
My skin has three layers.

There is a thinner, outer layer
and a thicker, middle layer.

Then, there is a layer of mostly fat
that connects my skin to my body.

The outer layer is thin, but tough.
It acts like a brick wall to keep
out germs.



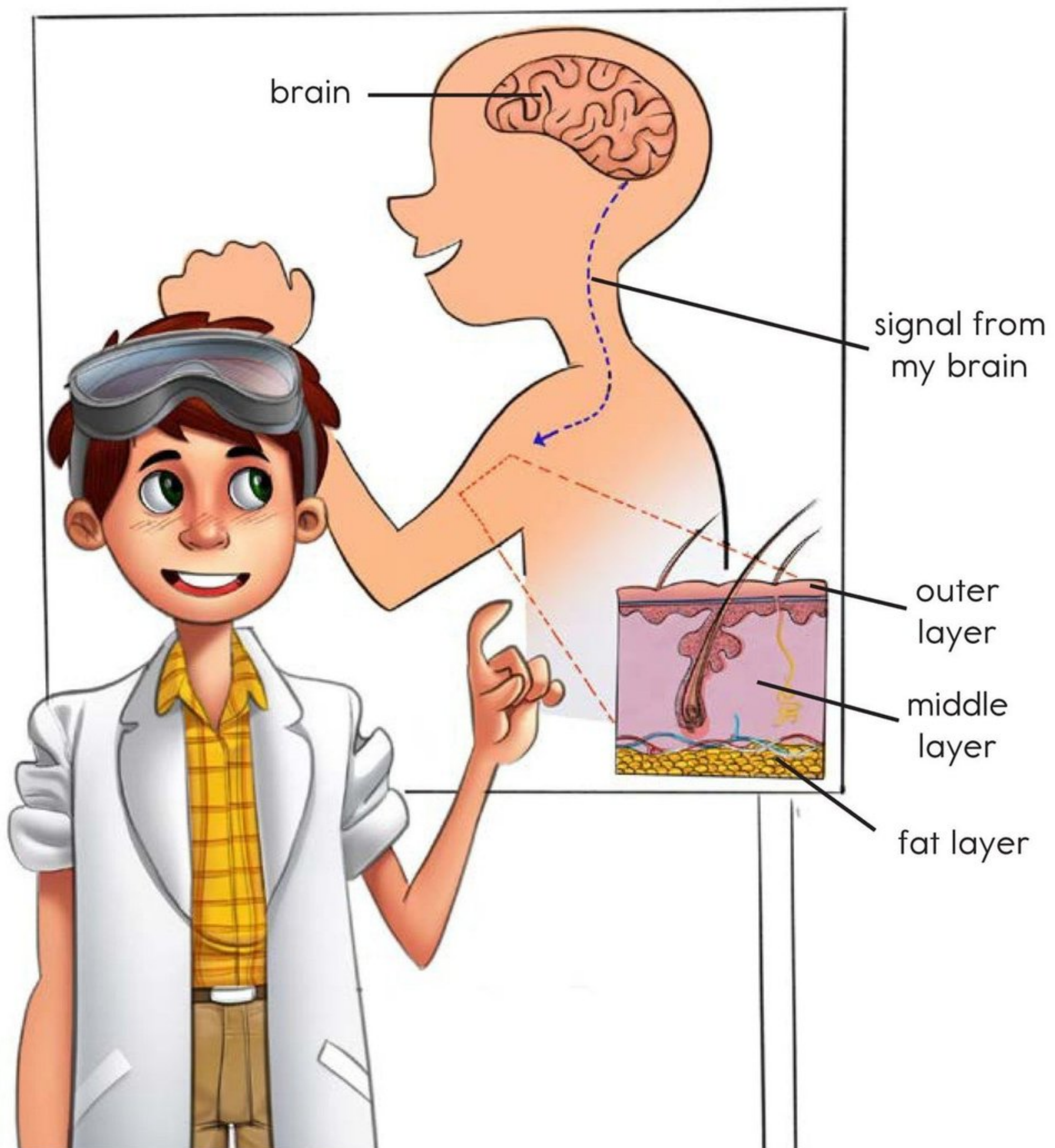


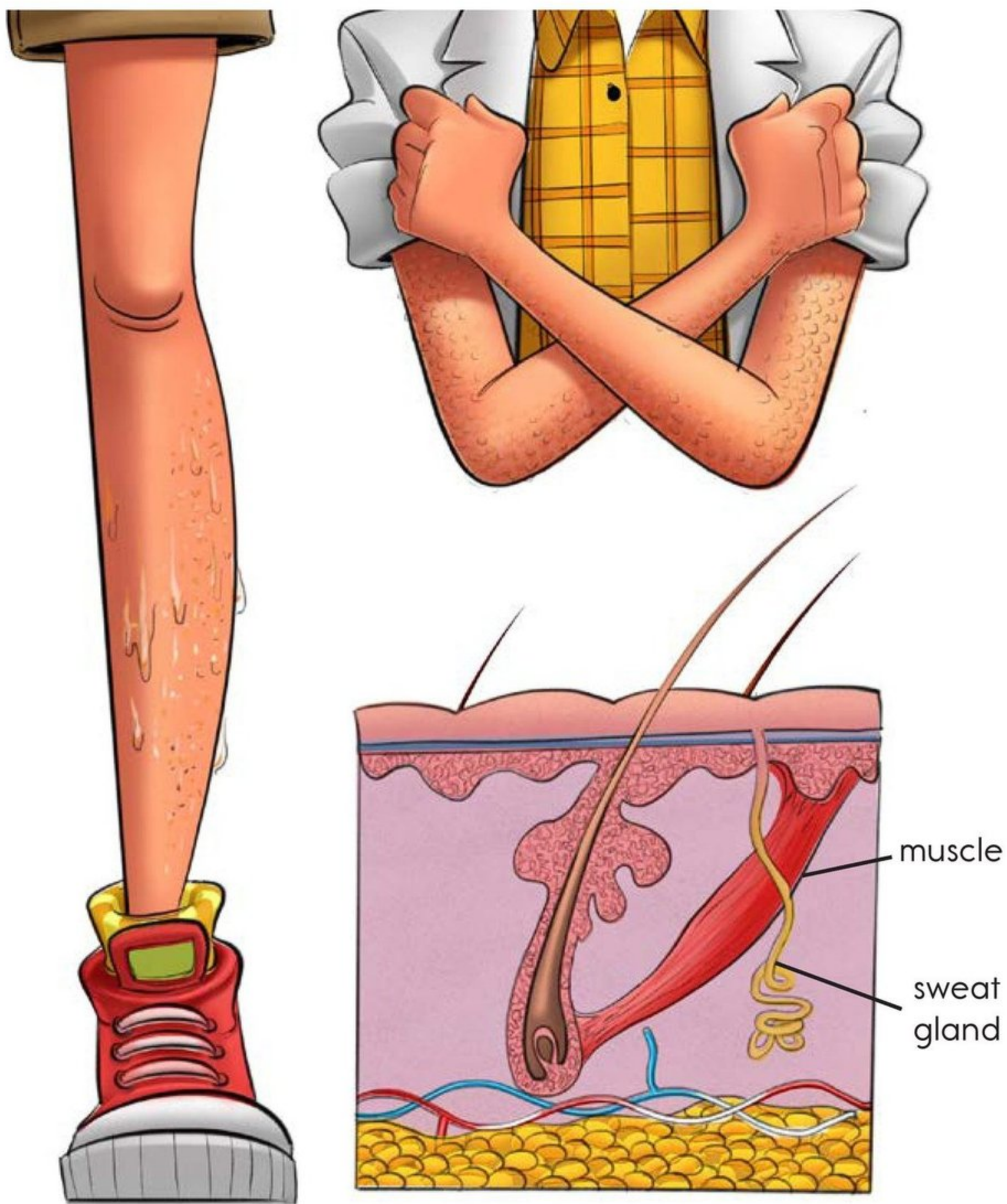
The middle layer has the **pigment** that gives my skin color.

Pigment helps protect skin from harmful rays from the Sun.

The middle layer also helps
my body know when it's too hot
or too cold.

My skin and brain act together
so my body stays the right
temperature.





My brain tells my skin to create sweat to cool me down when I'm hot.

My brain makes tiny muscles in my skin create goose bumps when I'm cold.

How can I help my skin do its job?
I can keep my skin clean to keep
away most germs.



I can stay in the shade during
the hottest part of the day.



I can wear clothes that help my body stay the right temperature.





My skin protects my body
from head to toe.

My skin is a pretty amazing organ!

Glossary

germs (<i>n.</i>)	tiny living things that can cause disease or sickness (p. 5)
organ (<i>n.</i>)	a part of an organism that has a specific function, such as the kidneys or lungs (p. 3)
pigment (<i>n.</i>)	a substance that gives color to something (p. 9)
protect (<i>v.</i>)	to guard or defend from harm or danger (p. 4)
skin (<i>n.</i>)	the thin outer layer of tissue on a human or other animal's body (p. 3)
temperature (<i>n.</i>)	the measurement of how hot or cold something is (p. 10)

My Skin

A Reading A-Z Level I Leveled Book

Word Count: 246

Connections

Writing and Art

Write about one way your skin protects you. Make a poster about it with pictures and writing.

Science

Explain two ways your sense of touch helps your skin protect you. Share your ideas with a partner.



Reading A-Z

Visit www.readinga-z.com
for thousands of books and materials.