

Skin

What is the body's largest organ? The skin is the largest organ of the body. The skin has many important functions. The skin is the first layer of defense from germs and infection. The skin also works to regulate your internal body temperature, and it eliminates wastes in the form of sweat. The skin plays a role in the production of Vitamin D and helps to obtain information about the environment.

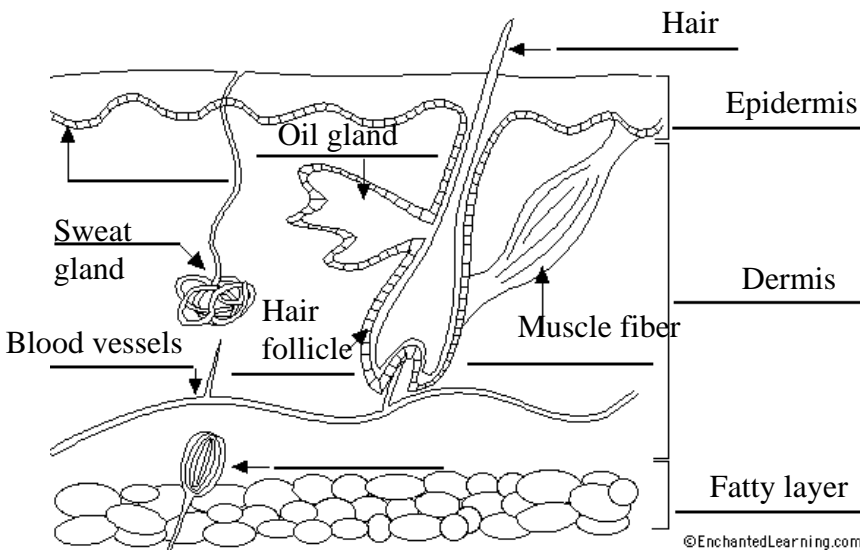
There are 3 layers of skin:

- Epidermis
- Dermis
- Fatty layer

1. The top layer of skin is called the **epidermis**. This is a thin layer of skin you can see and touch! The epidermis contains the pigment melanin. Melanin gives us our skin color. A freckle is concentrated area of melanin!

2. The thickest layer of skin is called the **dermis**. The dermis layer is thick because it contains most of the skin's structures such as hair follicles, oil glands, muscle fibers, sweat glands, blood vessels, and nerves.

3. The bottom layer of skin is made of **fat cells**. Fat helps to insulate the body.



Caring for Your Skin

Take care of your skin by eating a well balanced diet, drinking plenty of water, and reducing the amount of time spent in the sun. Wear sun screen when working or playing in the sun to reduce premature aging, wrinkles, and skin cancer.