

3. The skin contains sweat glands that produce sweat in response to excess heat. The sweat evaporates from the skin's surface.

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1. The skin protects the body from the environment, regulates body temperature, and keeps body fluids from evaporating.

2. Sun exposure can disrupt the normal function of the skin and lead to conditions such as dry or wrinkled skin, sunburn, and skin cancer.



1. What is the purpose of skin?
2. What skin conditions can result from long-term exposure to the Sun?
3. How does skin help the body cope with excess heat?

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The Skeletal System

1. Students should recognize that the columns support beams and arches and evenly distribute the weight of the building.
2. The skeletal system is similar in that it provides a supporting framework. It is different in that it interacts with other body systems for movement and other purposes.
3. The similar shape of the columns and human bones—a long, narrow body forming wider, more stable, bases at each end—function in providing support for the overall structure.

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1. How are columns an important part of this building's structure?
2. How is the human skeletal system like the columns that support a building? How is it different?
3. What visual comparisons can you make between the structure of these columns and human bones?

3. Answers will vary. Students should understand that the person might become stronger due to exertion but would be at a higher risk for muscle injuries.

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1. The benefits include increasing strength and flexibility of specific muscles, improving physical appearance, and boosting health.
2. Any kind of physical exertion can build the muscles, though it might be harder to target specific muscles.



1. What are the benefits of lifting weights?
2. How could the benefits be gained without the use of weights or fitness machines?
3. What positive and negative effects would you expect on a person's muscles if he or she started to lift heavier weights for longer periods of time?