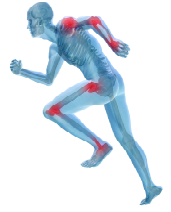
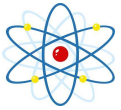


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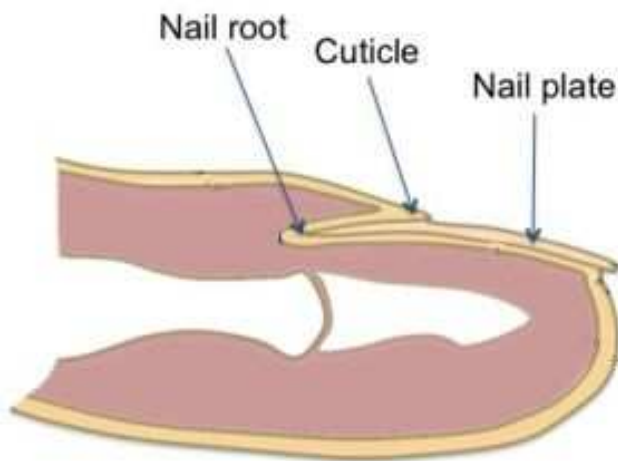
10 Minutes with Science

The Nails

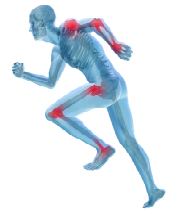


We often see some people biting their nails impulsively. They may never have thought about what their nails are for and what will happen to them if they continue with this bad habit.

Nails are convex skin structures found on the fingers of the hand. They are formed of a tough keratin base. Its main function is to protect the tips of fingers and toes.



Nail growth occurs automatically and slowly, a few millimeters each month. The nail begins at its root. You cannot see the origin of a nail because the root is hidden under the cuticle. The cuticle is where the nail and skin join. It takes between 3 and 6 months for a nail to completely grow.



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The growth process is as follows: the nail grows gradually, regenerating the cells and replacing the old ones with the new ones. Old cells get pushed forward toward the fingertips. The pink color of the nail is due to the blood vessels that fingers have below the nails. These blood vessels circulate nutrients through the fingers and nails helping in their growth. They also have a whitish color shaped like a crescent and is next Doctors often use nail observation to assess blood circulation and skin condition.

To take good care of your nails you should follow these tips:

- Cut your toenails and fingernails on a regular basis to maintain good hygiene. If you don't know how to do it, ask your parents for help or have a professional do it.
- Do not abuse nail polishes and the like, because they can be toxic and abrasive to them.
- Use moisturizing lotions to keep nails soft and shiny.



Did you know...?

In China the color of the nails reflect the social status.

Name: _____

ANSWER THE QUESTIONS

1. What are nails for?

- a. To bite
- b. To protect the yolks of eggs
- c. To paint and bite
- d. To protect your fingertips



2. How long does it take for the nail to grow and what color is it

- a. It takes between 3 and 6 years and is pink and white.
- b. It takes between 3 and 6 days and is white and pink.
- c. It takes between 3 and 6 months and is pink and white.
- d. It takes between 3 and 6 hours and is pink and white.

3. Why do doctors look at your nails?

- a. They want to see if you bite them.
- b. They can paint them for you.
- c. It gives them clues about your health.
- d. All answers are correct.

4. The lunula is white, crescent-shaped and next to the cuticle.

- a. True
- b. False

5. What can you do to take care of your nails?

- a. Paint them with bright colors.
- b. Cut them often and put lotion on them.
- c. Go to the doctor to check your health.
- d. Bite them but not every day.

