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THE AWARD-WINNING PRINT & ONLINE FAMILY FEATURE
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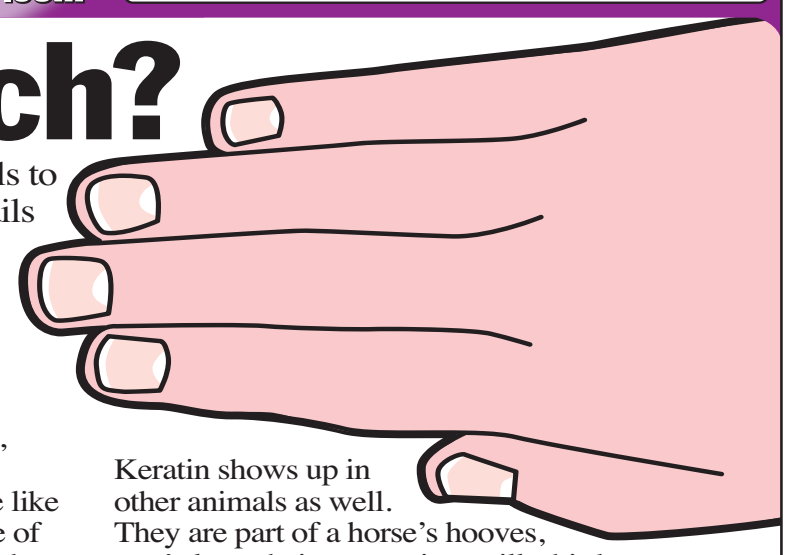
Got an itch?

Aren't you glad you have fingernails to help you scratch it? And your toenails come in handy to protect your toes when you stub them!

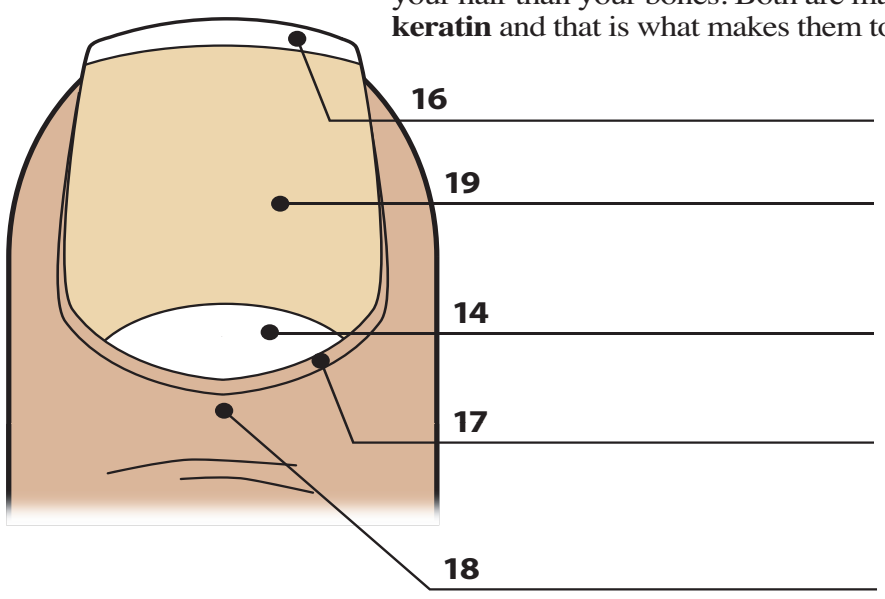


Hard as Nails!

Since fingernails and toenails are so hard, some people think they are bones. NOT TRUE! Fingernails and toenails are more like your hair than your bones. Both are made of **keratin** and that is what makes them tough.

Keratin shows up in other animals as well. They are part of a horse's hooves, cats' claws, hair, porcupine quills, bird feathers and even a rhino's horn!

The hard surface of your nails helps to protect the tips of your fingers and toes. Your fingernails make it easier to scratch an itch or peel an orange.



Nails By the Numbers

Do the math to label the diagram of a fingernail.

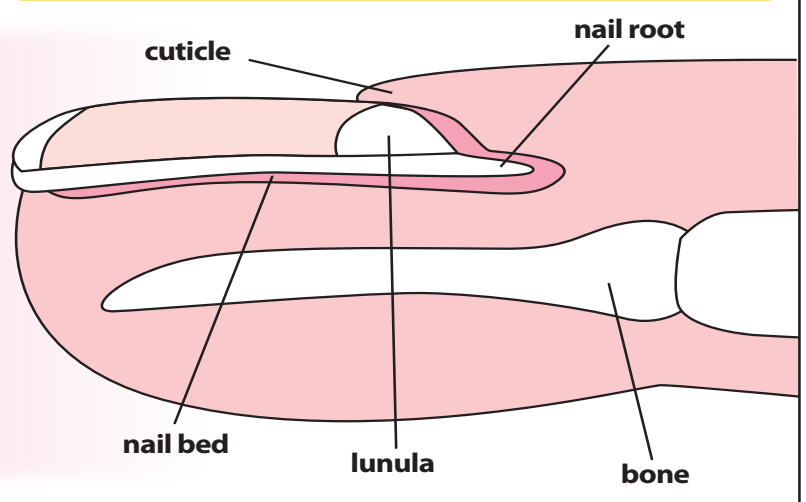
21 - 7 = lunula
25 - 7 = mantle
23 - 4 = nail plate
22 - 5 = cuticle
24 - 8 = distal edge

Why doesn't it hurt when I cut my nails?

The part of your nails that you can see is dead, so it doesn't hurt to cut them. If a nail rips away from the tender skin underneath, OW! That really hurts. That is why your fingers and toes need tough nails, to protect the sensitive skin underneath.

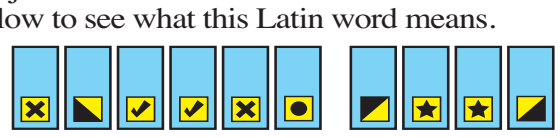
Nails start in the **nail root**, which is hidden under the **cuticle**. At the root of the nail, new cells grow. The new nail cells push the old nail cells along the nail bed.

The **cuticle** is the tiny sliver of skin where your nail comes out from under your skin. Cuticles help to protect the new nail as it grows out from the nail root.

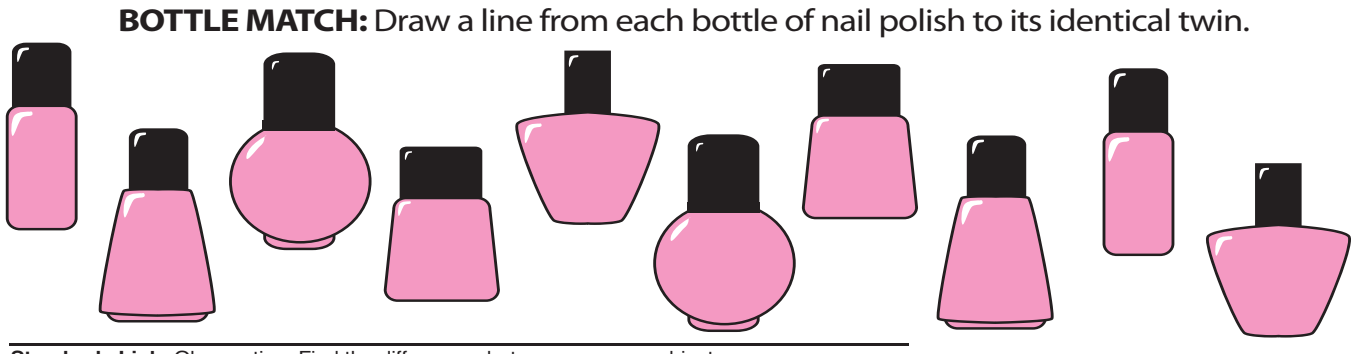


That pale half circle just above the cuticle is called the **lunula**. Use the code below to see what this Latin word means.

●=E ✖=L ◢=N ◥=S
◥=I ◢=M ★=O ✔=T



BOTTLE MATCH: Draw a line from each bottle of nail polish to its identical twin.



Standards Link: Observation: Find the differences between common objects.

Extra! Extra!

Hand Print

Trace your hands on a piece of newspaper. Cut it out and ask your friends or family to write something on each hand that tells something special about YOU.

Standards Link: Reading Comprehension: Follow simple written directions.

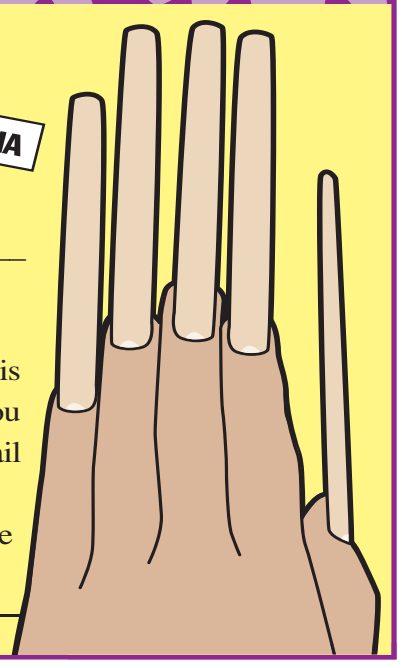
Kid Scoop Puzzler

Replace the missing words.

LENGTH GROW HAND INDIA

The Uncut Story

Most people cut their nails as they grow. But Shridhar Chillal of _____ decided to let his nails grow on one _____. They grew and grew for years and years. He let the nails on his left hand _____ for 62 years! If you added up the _____ of each nail on his left hand, the length came to nearly 30 feet! His thumbnail was the longest at just about 6 feet 5 inches!



Source: Guiness Book of World Records

Kid Scoop Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

SENSITIVE
TOENAILS
FEATHERS
KERATIN
CUTICLE
SCRATCH
HOOVES
QUILLS
LUNULA
SLIVER
CLAWS
RIPS
ROOT
CATS
SKIN

A	F	K	S	C	R	A	T	C	H
L	E	S	E	V	O	O	H	T	F
U	A	I	N	R	T	O	O	R	C
N	T	N	S	S	A	E	G	U	Q
U	H	S	I	T	N	T	T	U	S
L	E	W	T	A	E	I	I	K	S
A	R	A	I	C	C	L	I	N	P
N	S	L	V	L	L	N	A	I	I
L	S	C	E	S	L	I	V	E	R

Standards Link: Letter sequencing. Recongized identical words. Skim and scan reading. Recall spelling patterns.

Kid Scoop VOCABULARY BUILDERS

This week's word:
SENSITIVE

The adjective **sensitive** means quick to respond to slight changes.

Emily's elbow was a **sensitive** part of her body.

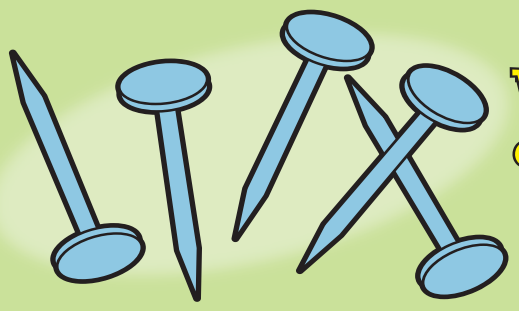
Try to use the word **sensitive** in a sentence today when talking with your friends and family.

FROM THE Kid Scoop LESSON LIBRARY

Photo Finder

Look through today's newspaper for photos and drawings. In how many can you see fingernails or toenails? Count the number of each in today's newspaper.

Standards Link: Research: Use the newspaper to locate information.



Which kind of nails do carpenters hate to hit?

ANSWER: Fingernails!

Write On!

Healthy Snacks

Write an advertisement for a healthy snack. Why should kids choose this instead of chips, candy and other unhealthy snacks?

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