
WONDEROPOLIS INQUIRY PROJECT

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Why Do We Sweat?

Have you ever wondered...

- Why do we sweat?
- How does sweat exit your body?
- What are sweat glands?

Did you know?

Have you ever played for a long time and got all sweaty ? Have you wondered what is the point of sweat ? It is your personal air conditioner ! The purpose is to keep your body cool because if you get too hot you could die!!! So it may be gross but very important .

Did you know your skin has more than 4,000,000 pores on your body ? Or, a section of your skin the size of a quarter has 600 pores in that area. Sweat comes out of your pores, to keep your body cool . Sweat is made by your body when you are hot because your brain does not like being hot so it has sweat cool your body down. When your sweat is evaporated it takes your body heat with it .Your body gets hot by your muscle working hard. That is how your sweat exits your body.

Also you have 2 million to 5 million sweat glands in your body. In fact sweat glands have a swirly figure and sweat glands stick to the top of your skin and the sweat that it makes goes out of the little hole. Sweat glands make sweat. Also sweat is a liquid to but it is a salty liquid. Sweat is a salty liquid that comes out you body. You can sweat when you get to hot or humid outside. Also if you are in a hot bath your sweat glands start to make sweat.

Sweat glands are very important in your body . The sweat gland helps your body cool down when your body is hot . Your sweat glands have lots of purposes to the body. Also your sweat glands keep you cool and save you from death!!!

Wonder words to know and use:

- pores
- evaporates
- muscle
- salty

- liquid