

Suzy's World

Hair or Nails - Which grows faster your hair or your nails?

Fact

- Your hair grows about 150mm a year, which is about the same length as your foot.
- Your fingernails can grow between 26-50mm per year. That's about the length of your first finger.
- Your toenails grow about 12mm a year. That's about the length of a fingernail from base to tip.
- So hair grows about 3 times faster than your fingernails and your fingernails grow about 4 times faster than your toenails.

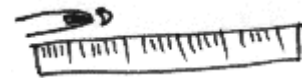


Do you know

- Shridhar Chillal grew the longest recorded fingernail – it was 102.5 centimetres long.
- Your fingernails are made from the same material as your hair – protein and you need calcium to keep your nails strong.
- When we eat protein like fish, meat, eggs and milk the protein building blocks rearrange themselves to make the protein for our hair and nails.
- The hair and fingernail that you can see is actually dead. The hair and nail that you can't see, underneath your skin is alive and growing.
- Every few years your hair stops growing for about 3 months. It has a rest and then starts growing again.
- The only parts of your skin that are not covered with hair are your lips, the palms of your hands and the soles of your feet.

Experiments you can do

Trim your fingernails. Make a note of the date. When you need to trim your nails again measure the length of nail that you are trimming off. How long does it take before your nails need trimming? How much have your nails grown in that time?



Other Investigations

Collect statistics about fingernails in your family or class.

What questions could you ask?

What parts of the fingernail would you measure?

How often would you measure?

If you wanted to find the rate of growth what would you do to keep a fair test?

Jokes

What did the man say when he found out he was going bald? Hair today, gone tomorrow.