

# Are hooves like our nails?

A hoof is the foot of animals such as waterbuck, zebra, rhino and giraffe. These animals are known as ungulates. They walk on their toes! The toes have a hard cover made of keratin – that's the same stuff as your fingernails! Giraffe hooves grow very slowly!

## How fast do your fingernails grow?

Measure the nail on your index finger (the one next to your thumb) lengthwise as shown.

- Write the length in millimeters in the box.
- Do this on both hands.
- Repeat the measurements for four weeks.

How much did your fingernail grow?  
Did your left or right fingernail grow faster?

Measure from  
the base of  
your fingernail,  
to the top.

## WEEK 1

Left hand:

Right hand:

## WEEK 2

Left hand:

Right hand:

## WEEK 3

Left hand:

Right hand:

## WEEK 4

Left hand:

Right hand: