

Answers

- 1. How does Vitamin D help our bodies?**

Vitamin D helps our bodies by absorbing calcium for stronger, healthier bones.
- 2. What are the three types of ultraviolet rays which radiate from the sun? Which is the least dangerous and which is the most dangerous?**

UVA, UVB, UVC. UVA are the least dangerous to humans. UVC rays are the most dangerous to humans.
- 3. How does the ozone layer work to protect us from the sun's rays?**

It protects us completely from UVC rays and from some UVB rays.
- 4. How does melanin protect the skin?**

Melanin absorbs dangerous UV rays before they cause skin damage.
- 5. Why does sunburn happen?**

Sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin.
- 6. When is the sun at its strongest?**

Usually from 10 a.m. to 4 p.m.
- 7. True or false: Clouds filter out UV rays.**

False
- 8. What is meant by 'invisible sun'?**

Even on cloudy, cool or overcast days, UV rays travel through the clouds.
- 9. What precautions should parents of babies take?**

Babies under 6 months should be kept out of the sun.
- 10. Why is it important to reduce 'tanning'?**

As the melanin increases in response to sun exposure, the skin tans.
- 11. True or false: Sunscreen should protect against UVC rays.**

False
- 12. What should you look for when purchasing sunglasses?**

Purchase sunglasses with labels ensuring that they provide 100% UV protection.