

# Sun Safety Answers

1. What vitamin do we get from the sun? Tick one.

vitamin B

**vitamin D**

vitamin C

vitamin E

2. What does UV stand for?

ultraviolet

3. Which UV ray cannot break through the earth's ozone layer? Tick one.

UVA

UVB

**UVC**

all of them

4. What is in our skin that protects us from the sun?

melanin

5. Explain why people with lighter skin burn more easily than people with darker skin.

Pupil's own responses, such as: People with lighter skin burn more easily than  
people with darker skin because they have less melanin. Melanin protects the  
skin from the sun's UV rays.

6. Draw lines to show how you can protect different parts of your body.

Wear a hat  to protect your eyes.

Wear sunscreen  to protect you scalp.

Wear sunglasses  to protect your skin.

7. What is the minimum factor sunscreen you should wear? Tick one.

factor 15

factor 50

factor 20

**factor 30**

---