

Sun Safety Answers

1. What nutrient does vitamin D help our bodies to absorb? Tick one.

- vitamin E
- calcium
- iron
- vitamin C

2. Fill in the missing word.

Children get a lot of sun exposure before the age of 18 and so it is important that they learn how to protect their skin in the sun.

3. Find and copy a word that shows that we cannot see UV rays.

invisible

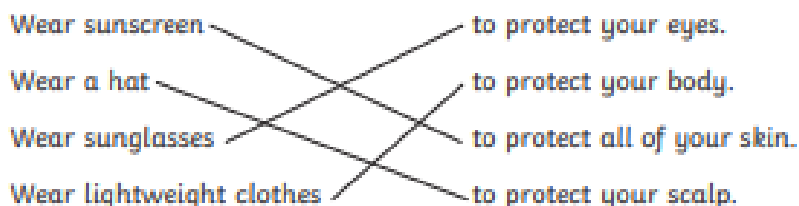
4. Which UV ray are we exposed to the most? Tick one.

- UVA
- UVB
- UVC
- all of them

5. Explain why someone with lighter skin needs to take more precaution to protect their skin than someone with darker skin.

Pupil's own responses, such as: People with lighter skin need to protect their skin more because they have less melanin than people with darker skin. Melanin is what helps to protect our skin for the sun's UV rays.

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

Wear sunscreen  to protect your eyes.
Wear a hat to protect your scalp.
Wear sunglasses to protect your body.
Wear lightweight clothes to protect all of your skin.

Sun Safety Answers

7. What factor does 'sunblock' have?

Sunblock has factor 50.

8. Explain why it is important to check your bottle of sunscreen.

Pupil's own responses, such as: It is important to check your bottle to

make sure that it protects against UVA and UVB rays and that it has a

factor of 30 or more.
