

Should I worry about how much sun I get?

Level 1: Elementary

1 Warmer

a. In pairs or groups, answer these questions.

- What do you like to do on a sunny day?
- How do you protect your skin from the sun?

2 Key words

a. Fill the gaps in the sentences using these key words from the text.

deep hurt midday repair sign suitcase sunglasses thin

1. If you _____ someone, you cause them damage or pain.
2. When you fix something broken, you _____ it.
3. Twelve o'clock, when the morning ends and the afternoon begins, is _____.
4. Something that is _____ has only a short space between two opposite sides.
5. Something that goes a long way down from the top of the surface is _____.
6. A _____ is something that shows something else is happening.
7. _____ protect your eyes from sunlight.
8. A large container to carry clothes and other things when you travel is a _____.

b. Use some of the key words above to complete these sentences.

1. Your _____ are so dark that I can't see your eyes!
2. How many _____ can we take on the plane?
3. This end of the pool is very _____. Be careful!
4. Dark clouds are a _____ that it might rain.
5. Did you _____ yourself when you fell?
6. I think the mechanic can _____ your car quickly.

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- 1 We all know that we probably should use SPF 50 more often, but is the sun somehow ... hotter now?
- 2 Dr Derrick Phillips, who works for the British Skin Foundation, says that being in the sun without sun cream or special clothing is dangerous for people's health. He also says that the sun can hurt the skin and increases the chance of skin cancer. The skin cannot repair itself as well over time, and so past time in the sun is linked to your present chances of skin cancer.
- 3 There are two forms of ultraviolet (UV) rays from the sun: UVA and UVB. UVA can go through clouds and window glass. UVB is highest during the summer and is especially dangerous around midday or where the ozone layer is thin, like Australia.
- 4 UVA is there all year round, goes deeper into the skin and hurts what keeps the skin looking young. "UVA is responsible for 80% of the signs of skin ageing," says Phillips. Both can cause cancer, but UVB is worse.
- 5 So, what's the solution? Dr Phillips says that sun cream keeps the skin safe and that most people do not put on enough. To keep your family safe, use one with at least SPF30 and a good UVA rating. Put it on every two hours. If you are swimming or doing other outside activities, put it on more often. Do it before you go out, as it can take 15 minutes to enter the skin.
- 6 For your clothes to help, think about what you're wearing. A T-shirt has an ultraviolet protection factor (UPF) level of about 5 – compared to special clothing made for the sun, from UPF 30 to 50+. Loose clothes with long sleeves and a high neck, as are a UPF-rated hat and sunglasses, are a good idea. The Skin Cancer Foundation says that brighter or darker clothes protect you better from UV rays.
- 7 Finally, there is a good reason to pack a book in your suitcase rather than bringing a tablet to read on holiday: tablets can send the sun's UV rays back onto you.

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3 Comprehension check

a. Answer the questions using information from the article.

1. What does Dr Phillips say is dangerous for people's health?
2. What are the two types of UV from the sun?
3. Which type is there all year?
4. Which type is highest in summer?
5. Which one makes skin look older?
6. What can people do to keep their skin safe?
7. How often should you put on sun cream?
8. What is the UPF level of a T-shirt?
9. What is the UPF level for special clothing for the sun?
10. What kinds of clothes are best in the sun?

4 Key language

a. Match the two parts of each prepositional phrase from the article.

- | | |
|------------|---------------|
| 1. through | a. the summer |
| 2. during | b. the skin |
| 3. around | c. you |
| 4. into | d. clouds |
| 5. onto | e. midday |

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b. Complete the sentences with the prepositions.

around

during

into

onto

through

1. Please, don't talk _____ the film.
2. The train went _____ the tunnel.
3. That famous band has concerts _____ the world.
4. Don't pour hot oil _____ the sink.
5. Be careful when you step _____ the train platform.

5 Discussion

a. Discuss these statements.

- "Spending time in the sun is healthy."
- "You only need sun cream and special clothing at midday."

6 In your own words

a. Use an internet search engine to find more information about how much time in the sun is safe.

- How much do the doctors say is best?
- What are other ways people can be safe in the sun?

b. Report your findings to the class and share your opinion about the issue.