



Student: _____

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SUMMER SKIN CARE – FACT OR FICTION?

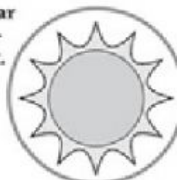
In summer everybody needs to be careful with the sun. Do you know how to spend time in the sun without burning or damaging your skin? Read the ten rules below and find out which are FACT and which are FICTION.

1. **Always wear a baseball cap. It protects you from the sun and looks cool, too.**
FICTION You need to wear a hat, but choose your hat carefully. Baseball caps protect your eyes, but they don't protect your ears or your neck. Use a proper sun hat.



2. **You need to use sun cream even on a cloudy day in summer.**
FACT The sun can damage your skin even on a cloudy day.

3. **On a hot sunny day, wear light-coloured clothes – white or yellow are best.**
FICTION Light coloured clothes don't protect you from the sun. The best solution is to wear baggy clothes in dark colours.



4. **Use sun cream. You need to put it on at least twenty minutes before you go out.**
FACT Sun cream starts to work twenty minutes after you put it on.



5. **Put sun cream around your eyes and on your eyelids to protect them from the sun.**
FICTION Sun cream hurts the eyes. Wear sunglasses instead.



6. **You need to spend time in the sun for healthy skin.**
FACT You need to spend time in the sun to get enough vitamin D for healthy skin and bones, but don't forget to use sun cream. Without sun cream you have a bigger risk of skin cancer.

7. **You need to spend a lot of money to get a good sun cream.**
FICTION There are many different brands of sun cream. Find the one that is best for you. Expensive ones are not always better than cheap ones. Use a sun cream labelled SPF30+ and it should give you the same protection as one that is more expensive.

8. **You only need a little sun cream. Too much sun cream is bad for your skin.**
FICTION You need to use a lot of sun cream. The sun dries out your skin. Sun cream moisturises and protects it.

9. **Put more sun cream on every two hours.**
FACT You need to put sun cream on regularly, especially when you're swimming.



10. **In summer, people with dark skin can also get burnt.**
FACT People with fair skin and blonde or red hair need to be extra careful and use a high factor sun cream. People with dark skin can stay in the sun longer than people with fair skin, but they do need to protect their skin from the sun, too.



1. Read the article and choose the best summary.

- ☐ The sun is bad for your skin.
- ☐ The sun is good for your skin but in summer you must use protection.
- ☐ The sun is bad for people with fair skin, but fine for people with dark skin.

2. What are the right clothes to protect your skin from the sun?

- ☐ a baseball hat and light coloured clothes
- ☐ a baseball hat and dark coloured clothes
- ☐ a sun hat and light coloured clothes
- ☐ a sun hat and dark coloured clothes

3. Where shouldn't you put sun cream on your body?

- ☐ on your ears and neck
- ☐ around your eyes and eyelids
- ☐ on dry skin
- ☐ on darker skin

4. What is the right way to use sun cream?

- ☐ Use a little and often.
- ☐ Use a lot, two or three times a day.
- ☐ Use a lot every two hours.
- ☐ Use a little every two hours.

5. Why is it important to spend time in the sun?

- ☐ You drink more water.
- ☐ It improves dry skin.
- ☐ It's a chance to wear cool sunglasses.
- ☐ It helps keep your skin and bones healthy.