

Summer vacation safety- 101

Summer vacation is a fun time to relax and enjoy the warm weather. But it's important to stay safe too.

One way to stay safe is to protect your skin from the sun. Use sunscreen with a high SPF and wear a hat or sunglasses to avoid getting sunburned. It's also important to drink plenty of water to stay hydrated, especially if you're spending time outside in the heat.

Another way to stay safe during summer vacation is to be careful around water. If you're swimming in a pool or at the beach, make sure there is a lifeguard on duty. Don't go swimming alone, and always wear a life jacket if you're boating or kayaking.

It's also important to be aware of your surroundings and stay with a group of friends or family members. Don't wander off alone, especially in unfamiliar places. And always let someone know where you are going and when you will be back.

By taking these simple precautions, you can have a fun and safe summer vacation. Remember, it's always better to be safe than sorry!

Questions:

1. What is the text about?
 - a) The importance of staying safe during summer vacation
 - b) The benefits of summer vacation
 - c) The dangers of summer vacation
 - d) The best places to go for summer vacation

2. How can you protect your skin from the sun during summer vacation?
 - a) Wear a hat or sunglasses
 - b) Drink plenty of water
 - c) Use sunscreen with a high SPF
 - d) All of the above

3. Why is it important to drink plenty of water during summer vacation?
 - a) To avoid getting sunburned
 - b) To stay hydrated
 - c) To avoid getting lost
 - d) To have more fun

4. What should you do if you're swimming in a pool or at the beach?
 - a) Make sure there is a lifeguard on duty
 - b) Go swimming alone
 - c) Don't wear a life jacket
 - d) All of the above

5. When should you wear a life jacket?
- a) When you're boating or kayaking
 - b) When you're swimming in a pool
 - c) When you're playing volleyball
 - d) When you're sunbathing
6. Why is it important to be aware of your surroundings during summer vacation?
- a) To have more fun
 - b) To avoid getting lost
 - c) To meet new people
 - d) To get better pictures
7. What should you do if you're in an unfamiliar place during summer vacation?
- a) Wander off alone
 - b) Stay with a group of friends or family members
 - c) Let someone know where you are going and when you will be back
 - d) All of the above
8. What is the main message of the text?
- a) Summer vacation is dangerous
 - b) Summer vacation is fun
 - c) Summer vacation can be safe if you take precautions
 - d) Summer vacation is not worth the risk
9. What can you do to stay safe around water during summer vacation?
- a) Wear a hat or sunglasses
 - b) Drink plenty of water
 - c) Make sure there is a lifeguard on duty
 - d) None of the above
10. Why is it important to let someone know where you are going and when you will be back during summer vacation?
- a) To avoid getting lost
 - b) To have more fun
 - c) To meet new people
 - d) To stay safe