

Part 7 — Reading: True or False

Read the article. Then choose True or False for each statement.

Keeping Your Skin Beautiful

A lot of beauty products can improve your appearance. Some of the more expensive ones even claim to help you look younger. But there is a simple and inexpensive way to improve your appearance: It's protecting yourself from the sun.

The sun produces two kinds of harmful radiation. UVB radiation causes sunburns and is more dangerous in the summer. UVA radiation doesn't change much during the day or with the seasons. UVA radiation can go through clouds and glass. UVB and UVA radiation both cause wrinkles and skin cancer.

Radiation affects dark and light skin, so everyone should use sunscreen every day. The lighter your skin, the more important it is to use sunscreen. Follow these tips to protect your skin and stay younger looking:

- Always wear sunscreen with protection from UVB and UVA, even in the winter and on cloudy days.
- Cover your skin. Wear a hat, sunglasses, and long-sleeved shirts.
- Avoid the sun when possible, especially during the hottest time of the day.
- Re-apply sunscreen when exercising or playing sports in the sun.
- Stay away from surfaces that reflect sunlight. Snow, ice, and sand all increase the effects of UVA and UVB rays.

	True	False
Ex. The sun's radiation can help you look younger.	☐	☒
27. UVB radiation is worse in the summer.	☐	☐
28. UVB causes sunburns, but only UVA can cause skin cancer.	☐	☐
29. To protect your skin, you should cover it even on cloudy days.	☐	☐
30. Over time, exposure to the sun will make you look older.	☐	☐