

Task 3

- You are going to read an article about sunbathing. Some words are missing from the text.
- Use the words in brackets to form the words that fit in the gaps (17-25).
- Then write the appropriate form of these words on the lines after the text.
- There might be cases when you do not have to change the word in brackets.
- Use only **one** word for each gap.
- There is an example (0) at the beginning.

THE TWO TOP SUNTAN MYTHS

Everything about the sun is bad for you

We hear so much about how (0) _____ (*danger*) UV rays are that you'd be forgiven for thinking that (17) _____ (*stay*) indoors all summer was good for you! But there are plenty of (18) _____ (*use*) things about being out in the sunshine too. A 15-minute (19) _____ (*day*) stroll in the sun will provide enough vitamin D to build strong bones. This vitamin also boosts the immune system, preventing infections such as colds. (20) _____ (*sun*) days also help increase the level of a brain chemical called serotonin, which puts you in a good mood. If you are (21) _____ (*careful*) enough (avoiding the hottest times of the day and using the appropriate sunscreen), the sun can actually help you get rid of some skin problems as well.

One bottle of sunscreen will be enough for the two of you on a 10-day holiday

Not if you apply the amount used during testing in laboratories to achieve the level of (22) _____ (*protect*) stated on the bottle. Experts say you should take one 400ml bottle of sunscreen per person for every 10 days of your holiday. Sunscreen should be applied 15 minutes before going out in the sun and then reapplied (23) _____ (*frequent*) and always after swimming. If you are using a spray, your skin should be completely (24) _____ (*cover*) before you rub it in. And don't forget the (25) _____ (*hide*) places such as the soles of your feet and behind your ears.