

The Sun is a star. To us, it is the most important star. It gives-off heat and light called solar energy.

Heat and Light from the Sun

The Sun is a hot ball of gases. It has very high temperature. Anything will melt in these glowing gases. It has invisible radiation that makes us feel warm.



The heat and light from the sun help plants produce food. The Sun's heat makes us feel warm.



The Sun's heat dries wet clothes.



Morning sunlight from six to eight o'clock makes our bones and muscles strong. It gives our bodies vitamin D.



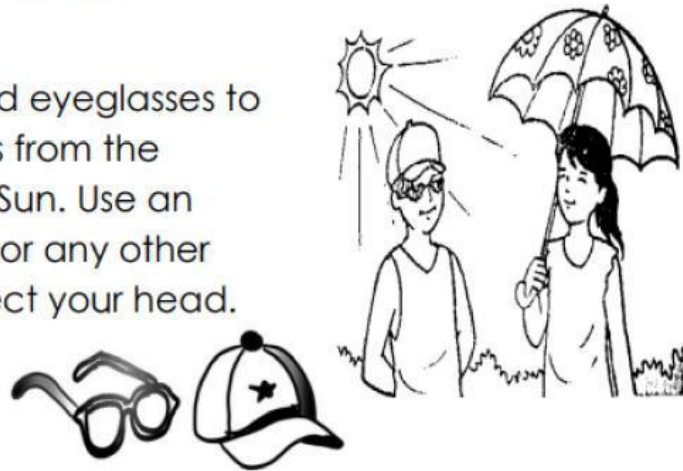
The Sun gives very bright light. The light coming from the Sun enables us to see all the things around during the day.



Safety Measures against Sun's Heat and Light

Sun's light and heat are useful, but excessive exposure to it can be harmful. Here are some safety measures to protect us.

Wear colored eyeglasses to protect your eyes from the brightness of the Sun. Use an umbrella, a cap, or any other covering to protect your head.



Apply sunblock lotion on all the exposed parts of our body when we are required to stay long under the Sun.



Avoid exposure to the Sun's heat from 10 o'clock in the morning to 3 o'clock in the afternoon because it is the time of the day when the Sun's rays are strongest that can cause skin and eye damage.

Drink at least 8 to 10 glasses of water a day to prevent dehydration and heat stroke.



Eat fruits like watermelons, oranges, citrus, and the like to help restore lost water in the body.



Activity 1: Arrange the jumbled letters to form the correct word described in each number. Write your answers on a separate sheet of paper.

if e r 1. The sun is known as ball of _____.

a t e h 2. The sun's _____ keeps us warm.

o r s l a 3. _____ energy comes from the sun.

u s n 4. The _____ is the main source of energy.

g h t i l 5. The _____ from the Sun makes us see things clearly.

Activity 2: Read the statements carefully. Write **YES** if the statement is true or **NO** if it is not. Write your answers on a separate sheet of paper.

1. The rays of the Sun have no harmful effect to living things.
2. It is good to our eyes if we look directly at the Sun.
3. Exposure to the Sun from 6 to 8 o'clock in the morning is good for our bones and muscles.
4. Too much exposure to the Sun's heat can cause sunburn and skin rashes.
5. Wearing thick clothes under the Sun's heat makes you feel comfortable.