



Use the words below to complete the passage about sun safety.

eyes	vitamin	burn	sunshine	cannot	dangerous
sunscreen	time	sunglasses	energy	safe	skin

The sun provides the \_\_\_\_\_ for every living thing on Earth. Without it, life couldn't exist. The sun also provides us with other benefits. For example, sunlight helps our body make \_\_\_\_\_ D which helps keeps us healthy and happy. In fact, vitamin D is sometimes called the '\_\_\_\_\_ vitamin'.

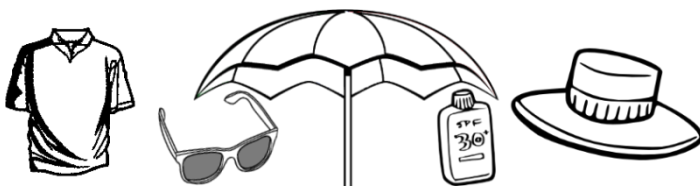
Too much sun can be bad for us. If we spend too much \_\_\_\_\_ in the sun, our skin can \_\_\_\_\_. The sun produces energy called ultraviolet (UV) radiation. UV rays from the sun is the main cause of \_\_\_\_\_ cancer. It can also badly damage people's \_\_\_\_\_.

We can see the sun's light and we can feel the sun's heat, but its UV rays are different. We \_\_\_\_\_ see or feel UV rays. This means that even on cool or cloudy days, the sun can still be \_\_\_\_\_.

There are a number of things we can do to make sure we stay \_\_\_\_\_.

Firstly, avoid spending time in the sun during the hottest time of the day. This is usually from about 10am until 4pm. When out in the sun, it is important to wear clothing that covers as much skin as possible. \_\_\_\_\_ and a broad brimmed hat should also be used. \_\_\_\_\_ should be worn to protect your eyes from the sun. It is also a good idea to find shade wherever possible.

Staying safe in the sun is very important!



SUN	SHADE	DANGEROUS	SAFETY	CLOTHING
HAT	SUNGLASSES	ULTRAVIOLET	VITAMIN	SUNSCREEN

S	P	E	L	K	N	U	E	O	S	B	Z
A	M	W	P	S	V	L	Y	V	U	U	K
F	K	K	F	U	F	T	B	I	N	C	N
E	S	U	I	N	U	R	O	T	S	T	A
T	H	N	C	G	O	A	L	A	C	O	Y
Y	A	A	L	L	B	V	P	M	R	K	V
W	D	K	O	A	O	I	G	I	E	T	G
F	E	P	T	S	Z	O	F	N	E	S	Y
Y	V	N	H	S	C	L	N	H	N	P	B
W	U	M	I	E	X	E	B	B	A	F	Q
E	S	C	N	S	D	T	J	J	H	T	M
D	A	N	G	E	R	O	U	S	W	T	G

# Sun Safety **Answers**

Use the words below to complete the passage about sun safety.

eyes	vitamin	burn	sunshine	cannot	dangerous
sunscreen	time	sunglasses	energy	safe	skin

The sun provides the **energy** for every living thing on Earth. Without it, life couldn't exist. The sun also provides us with other benefits. For example, sunlight helps our body make **vitamin D** which helps keeps us healthy and happy. In fact, vitamin D is sometimes called the '**sunshine** vitamin'.

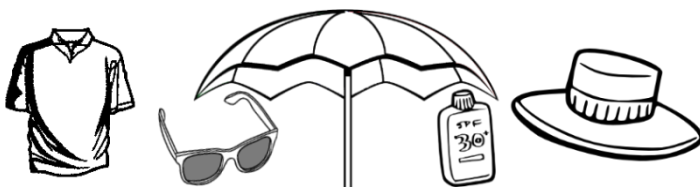
Too much sun can be bad for us. If we spend too much **time** in the sun, our skin can **burn**. The sun produces energy called ultraviolet (UV) radiation. UV rays from the sun is the main cause of **skin** cancer. It can also badly damage people's **eyes**.

We can see the sun's light and we can feel the sun's heat, but its UV rays are different. We **cannot** see or feel UV rays. This means that even on cool or cloudy days, the sun can still be **dangerous**.

There are a number of things we can do to make sure we stay **safe**.

Firstly, avoid spending time in the sun during the hottest time of the day. This is usually from about 10am until 4pm. When out in the sun, it is important to wear clothing that covers as much skin as possible. **Sunscreen** and a broad brim hat should also be used. **Sunglasses** should be worn to protect your eyes from the sun. It is also a good idea to find shade wherever possible.

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A	M	W	P	S	V	L	Y	V	U	U	K
F	K	K	F	U	F	T	B	I	N	C	N
E	S	U	I	N	U	R	O	T	S	T	A
T	H	N	C	G	O	A	L	A	C	O	Y
Y	A	A	L	L	B	V	P	M	R	K	V
W	D	K	O	A	O	I	G	I	E	T	G
F	E	P	T	S	Z	O	F	N	E	S	Y
Y	V	N	H	S	C	L	N	H	N	P	B
W	U	M	I	E	X	E	B	B	A	F	Q
E	S	C	N	S	D	T	J	J	H	T	M
D	A	N	G	E	R	O	U	S	W	T	G