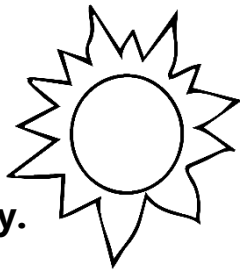
Sun Safety



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'.

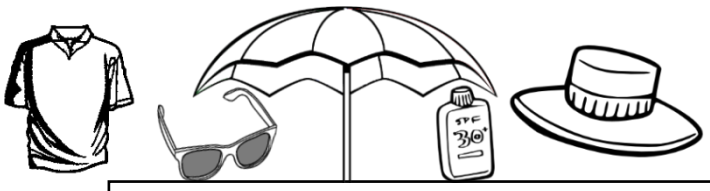
Too much sun can be bad for us. If we spend too much _____ in the sun, our skin can _____. The sun produces energy called ultraviolet (UV) radiation. UV rays from the sun is the main cause of _____ cancer. It can also badly damage people's _____.

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

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

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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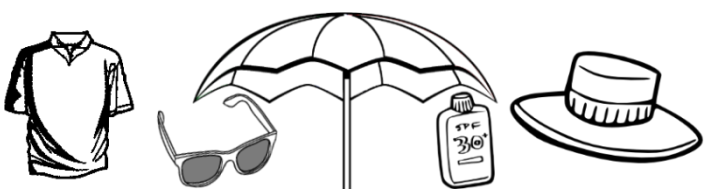

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S	P	E	L	K	N	U	E	O	S	B	Z
A	M	W	P	S	V	L	Y	V	U	U	K
F	K	K	F	U	F	T	B	I	N	C	N
E	S	U	I	N	U	R	O	T	S	T	A
T	H	N	C	G	O	A	L	A	C	O	Y
Y	A	A	L	L	B	V	P	M	R	K	V
W	D	K	O	A	O	I	G	I	E	T	G
F	E	P	T	S	Z	O	F	N	E	S	Y
Y	V	N	H	S	C	L	N	H	N	P	B
W	U	M	I	E	X	E	B	B	A	F	Q
E	S	C	N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