



Freckle, Sunspot, or Mole: Spot the Difference Like a Pro!

Description

You might see a new brown spot on your skin. It can be a freckle or a sunspot. You may also find a spot that looks like a mole. But is it a mole or a flat freckle?

Here are some simple ways to tell the difference between freckles, sunspots, and moles. You should also know when to see a doctor for skin cancer.

Freckles

Freckles are small, flat, brown spots. They often appear on people with light skin or red hair. Freckles can get darker when you are in the sun.

Sunspots

Sunspots are larger and flat. They can look like brown coins. Sunspots happen on skin that gets a lot of sun over time. They usually stay the same and don't fade away.

Moles

Moles can be dark and may be raised or flat. Most people have many moles on their skin. Some moles can change and may need to be checked by a doctor.

If you see changes in your moles, see a doctor. Protect your skin by wearing sunscreen and covering up from the sun.

Vocabulary List:

1. **Freckles** /'fɹekəlz/ (noun): Small flat brown spots that often appear on skin especially in individuals with light skin or red hair.
2. **Sunspots** /'sʌn,spɒts/ (noun): Larger flat brown marks on the skin that result from prolonged exposure to sunlight.
3. **Moles** /moʊlz/ (noun): Dark spots on the skin that can be raised or flat and may change over time.
4. **Changes** /'tʃeɪndʒɪz/ (noun): Alterations or modifications often noticed in moles that may require medical attention.
5. **Sunscreen** /'sʌn,skri:n/ (noun): A cream or lotion applied to the skin to prevent sunburn by filtering out harmful UV rays.
6. **Protect** /prə'tekt/ (verb): To keep safe from harm or injury particularly in regards to skin exposure to the sun.



Comprehension Questions

Multiple Choice

1. What are freckles?

- Option: Small, flat, brown spots
- Option: Large, raised, black spots
- Option: Colorless spots
- Option: Colorful spots

2. How do sunspots differ from freckles?

- Option: Sunspots are smaller than freckles
- Option: Sunspots are flat, while freckles can be raised
- Option: Sunspots appear only on dark-skinned individuals
- Option: Sunspots disappear with sun exposure

3. What can moles look like?

- Option: Colorless and triangular
- Option: Dark and raised or flat
- Option: Yellow and bumpy
- Option: Red and itchy

4. When should you see a doctor regarding changes in moles?

- Option: Never
- Option: Only if the mole changes color
- Option: If you notice any changes in size, shape, or color
- Option: Only if the mole gets itchy

5. What is a characteristic of freckles when exposed to sunlight?

- Option: They disappear
- Option: They get darker
- Option: They change color randomly
- Option: They become raised

6. How do sunspots typically behave over time?

- Option: They get lighter



- Option: They stay the same and don't fade away
- Option: They shrink
- Option: They become itchy

True-False

- 7. Freckles are more common in individuals with dark skin.
- 8. Sunspots can be caused by prolonged sun exposure.
- 9. Moles can change over time and may need to be checked by a doctor.
- 10. Wearing sunscreen can protect the skin from developing freckles.
- 11. Covering up from the sun can prevent the formation of sunspots.
- 12. All moles are benign and do not need medical attention.

Gap-Fill

- 13. Freckles can get darker when exposed to _____.
- 14. Sunspots are larger and may look like brown _____.
- 15. Moles can be dark and may be _____ or flat.
- 16. If you see changes in your moles, it is important to see a _____.
- 17. To protect your skin from sun damage, consider wearing _____.
- 18. Covering up from the sun can help prevent skin damage caused by _____.

Answer

Multiple Choice: 1. Small, flat, brown spots 2. Sunspots are flat, while freckles can be raised 3. Dark and raised or flat 4. If you notice any changes in size, shape, or color 5. They get darker 6. They stay the same and don't fade away

True-False: 7. False 8. True 9. True 10. True 11. True 12. False

Gap-Fill: 13. sun 14. coins 15. raised 16. doctor 17. sunscreen 18. sun exposure



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What product is recommended to protect the skin from harmful UV rays?
Option: Sunglasses
Option: Sunscreen
Option: Scarf
Option: Sweater
2. Which condition is characterized by excessive body weight?
Option: Anemia
Option: Obesity
Option: Asthma
Option: Eczema
3. What is a waxy substance found in the blood that can lead to heart disease if levels are high?
Option: Fiber
Option: Vitamin C
Option: Cholesterol
Option: Potassium
4. Which term refers to the surroundings or conditions in which a person animal or plant lives or operates?
Option: Technology
Option: Environment
Option: History
Option: Economics
5. What is the ability to understand and share the feelings of another?
Option: Cruelty
Option: Empathy
Option: Rudeness
Option: Selfishness
6. Which type of diet is known for its focus on fruits vegetables and olive oil?



- Option: Keto
- Option: Vegan
- Option: Mediterranean
- Option: Paleo

7. Which deep-sea creature uses a glowing lure to attract prey?

- Option: Sea Horse
- Option: Clownfish
- Option: Anglerfish
- Option: Starfish

8. Which material is a major contributor to pollution in oceans?

- Option: Glass
- Option: Metal
- Option: Plastic
- Option: Wood

9. What term refers to the action of stopping something from happening or arising?

- Option: Treatment
- Option: Prevention
- Option: Cure
- Option: Recovery

10. Which substances are often present in cleaning products and can be harmful if not used properly?

- Option: Seeds
- Option: Chemicals
- Option: Minerals
- Option: Acids

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

- 11. Excessive exposure to the sun can increase the risk of _____.
- 12. High blood pressure is a significant risk factor for _____.
- 13. Water is a critical _____ for all living organisms.
- 14. The institution responsible for creating and enforcing laws is the _____.
- 15. Successful projects often require strong _____ among team members.



16. Farmers grow crops and raise livestock to _____ food for the population.
17. The price of goods or services is often a determining factor in the _____ decision.
18. Enzymes in the digestive system help _____ food into nutrients for the body.
19. Encountering something unusual or unfamiliar may be described as _____.
20. Predators hunt and capture _____ for sustenance.
21. Fever is a common _____ of an underlying infection.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

22. Small brown spots on the skin often caused by exposure to sunlight.
23. Dark spots on the sun's surface due to magnetic activity.
24. Small dark spots on the skin that may be raised and are usually harmless.
25. The act of searching or traveling a terrain for discovery or knowledge.
26. A specific task or goal that someone is given to accomplish.
27. Rules or directives made and maintained by an authority or government body.
28. Emitting light that is not caused by heat.
29. Perceived as unusual or unfamiliar; out of the ordinary.
30. The potential for an event or action to have adverse consequences.
31. The administrative body that oversees a country state or organization.

Answer

Multiple Choice: 1. Sunscreen 2. Obesity 3. Cholesterol 4. Environment 5. Empathy 6. Mediterranean 7. Anglerfish 8. Plastic 9. Prevention 10. Chemicals

Gap-Fill: 11. Skin cancer 12. Stroke 13. Resource 14. Government 15. Collaboration 16. Produce 17. Cost 18. Break down 19. Strange 20. Prey 21. Symptom

Matching sentence: 1. Freckles 2. Sunspots 3. Moles 4. Exploration 5. Mission 6. Regulation 7. Luminescent 8. Strange



9. Risk 10. Government

CATEGORY

1. Health - LEVEL1

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