



Higher SPF Doesn't Always Mean Better Protection, Experts Warn

Description

It is sunscreen season in many places. People often spend more time outside during the warmer months. It is important to protect skin from the sun all year, not just in summer. Dermatologists say that sun exposure can hurt skin over time. This may lead to problems like wrinkles and dark spots.

Many people do not apply enough sunscreen. To get the protection shown on the bottle, you need to use about a quarter of a teaspoon for your face and one ounce for your body. It is also important to reapply sunscreen often. After two hours, or after swimming, you should put on more.

Another mistake is using expired sunscreen. An old bottle might not work as well. Check the expiration date before you use it.

Choosing a broad-spectrum sunscreen with an SPF of 30 or higher is a good rule. Apply enough, and remember to reapply. Make it a part of your daily routine.

Comprehension Questions

Multiple Choice

1. What is a common mistake people make when using sunscreen?

- Option: Not applying enough
- Option: Using sunscreen in winter
- Option: Only using it at the beach
- Option: Applying it once a week

2. How much sunscreen should you use for your face?

- Option: One teaspoon
- Option: One ounce
- Option: A quarter of a teaspoon
- Option: A full ounce

3. What is the recommended SPF for a broad-spectrum sunscreen?

- Option: 15 or higher
- Option: 20 or higher



Option: 25 or higher

Option: 30 or higher

4. How often should sunscreen be reapplied?

Option: Every hour

Option: Every two hours

Option: Once a day

Option: Only after swimming

5. What can prolonged sun exposure lead to?

Option: Healthy skin

Option: Immunity

Option: Wrinkles and dark spots

Option: Faster healing

6. What should you check before using sunscreen?

Option: The color

Option: The expiration date

Option: The consistency

Option: The brand

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True-False

7. It is only necessary to apply sunscreen during the summer.

8. Using expired sunscreen can lead to less effective protection.

9. You should apply sunscreen only after swimming.

10. Dermatologists recommend using sunscreen every day.

11. A broad-spectrum sunscreen protects against only UVB rays.

12. Reapplying sunscreen is not necessary if you are indoors.

Gap-Fill

13. To ensure good protection, you should use about a quarter of a teaspoon for your face and one ounce



for your body, which is _____ .

14. Sunscreen should be reapplied every _____ hours.

15. Dermatologists say sun exposure can lead to _____ over time.

16. Choosing an SPF of 30 or higher is a _____ rule.

17. It is important to protect your skin from the sun all year, not just in _____ .

18. You should always check the _____ date before using sunscreen.

Answer

Multiple Choice: 1. Not applying enough 2. A quarter of a teaspoon 3. 30 or higher 4. Every two hours
5. Wrinkles and dark spots 6. The expiration date

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

Gap-Fill: 13. correct 14. two 15. wrinkles 16. good 17. summer 18. expiration

CATEGORY

1. Health - LEVEL1

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