



Safe summer fun: Protecting your skin from the sun

Description

Summer is a great time to enjoy the outdoors, but it's important to protect your skin from the sun. Excessive sun exposure can lead to skin cancer, so it's crucial to use sunscreen with at least SPF 15 and reapply it every two hours. Wearing sunglasses, hats with brims, and long-sleeved clothing can also provide additional protection. Even in the shade, UV rays can still reach your skin, so it's essential to take precautions. In case of sunburn, apply a cool cloth or aloe for relief and seek medical attention if necessary. By following these sun safety tips, you can enjoy the summer while keeping your skin protected. This information is provided by the University of Kentucky.

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Vocabulary List:

1. **Excessive** // (adjective): More than is necessary or desirable.
2. **Crucial** // (adjective): Of great importance or essential.
3. **UV** // (abbreviation): Ultraviolet (radiation or rays).



4. **Precautions** // (noun): Measures taken in advance to prevent something dangerous or unpleasant.
5. **Aloe** // (noun): A plant with a soothing gel that is often used for sunburn relief.
6. **Sunburn** // (noun): Inflammation of the skin caused by overexposure to the sun.

Vocabulary quizzes

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

1. What is important to do in order to keep muscle mass?
Option: Eat a balanced diet
Option: Sleep less
Option: Avoid exercise
Option: Ignore hydration
2. Which term refers to the ability to sustain prolonged physical or mental effort?
Option: Maintain
Option: Muscle mass
Option: Metabolism
Option: Endurance
3. What type of infection is caused by bacteria?
Option: Viral
Option: Parasitic
Option: Bacterial
Option: Fungal
4. What type of measure is taken to prevent disease?
Option: Curative
Option: Prophylactic
Option: Symptomatic
Option: Chronic
5. Which term relates to the mental processes of perception memory and reasoning?
Option: Alleviate
Option: Complications
Option: Cognitive
Option: Immature
6. What type of disorders affect the nerves and brain?
Option: Endurance
Option: Alleviate



Option: Neurological

Option: Metabolism

7. Which compound is associated with the health benefits of pomegranates?

Option: Bacterial

Option: Urolithin

Option: Aloe

Option: UV

8. What term describes minor illnesses?

Option: Infection

Option: Ailments

Option: Complications

Option: Excessive

9. What term describes something not fully developed or grown?

Option: Preventing

Option: Immature

Option: Spread

Option: Guidelines

10. What is the result of excessive exposure to UV radiation?

Option: Precautions

Option: Alleviate

Option: Sunburn

Option: Crucial

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

11. Regular exercise helps to maintain _____.

12. It is crucial to drink enough water to prevent _____.

13. Exercise can boost your _____ helping you burn more calories.

14. Consult with _____ to get reliable health advice.

15. Washing hands regularly can help prevent the _____ of germs.

16. _____ consumption of sugary drinks can lead to health issues.



17. Ignoring early symptoms of an illness can lead to serious _____ .
18. Applying sunscreen can protect your skin from _____ radiation.
19. Follow safety _____ to avoid accidents and injuries.
20. Painkillers can help _____ discomfort caused by headaches.

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

21. Regular exercise and a healthy diet are essential for illness.
22. Using cold packs can help swelling after an injury.
23. Getting enough sleep is for overall health and well-being.
24. Antibiotics are used to treat bacterial .
25. Following safety can help reduce workplace accidents.
26. vera is known for its soothing properties and is commonly used for sunburns.
27. Regular exercise can increase your rate aiding in weight management.
28. Protect your skin from harmful rays by wearing sunscreen.
29. Strength training exercises can help maintain and increase .
30. Good hygiene practices can prevent the of infectious diseases.

Answer

Multiple Choice: 1. Eat a balanced diet 2. Endurance 3. Bacterial 4. Prophylactic 5. Cognitive 6. Neurological 7. Urolithin 8. Ailments 9. Immature 10. Sunburn

Gap-Fill: 11. Muscle mass 12. Dehydration 13. Metabolism 14. Experts 15. Spread 16. Excessive 17. Complications 18. UV 19. Guidelines 20. Alleviate

Matching sentence: 1. Preventing 2. Alleviate 3. Crucial 4. Infection 5. Guidelines 6. Aloe 7. Metabolism 8. UV 9. Muscle mass 10. Spread

CATEGORY

1. Health - LEVEL1



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