



Surprising Ways Sunlight Harms Skin Indoors: Uncovering the Truth!

Description

Do you prefer sitting in the shade or the sun when you're in a car, train, or bus?

Sunlight can come through windows and make you feel hot. But can you get sunburned or hurt your skin when you're in a car or inside with the windows shut?

Let's talk about how much UV (ultraviolet) radiation can pass through different types of glass, how tinting can help stop UV, and if you need sunscreen when you're driving or inside.

What's UVA and UVB?

Most UV radiation that comes from the sun is UVA and UVB. UVB is what causes sunburn, cataracts, and skin cancer.

UVA goes deeper into your skin and can lead to skin cancer.

Does glass protect you from UV?

All glass in windows stops UVB, but only laminated glass can fully stop UVA. UVA can pass through other types of glass and damage your skin, increasing the risk of cancer.

Car windshields block UVA, but the side and rear windows don't. Tinted windows can help protect you from UVA.

Should you wear sunscreen in the car?

If you have tinted windows, you might not need sunscreen in the car. But without tinted windows, your skin can get damaged.

Using sunscreen and sunglasses

If the UV index is high, wear sunglasses while driving or sitting by a sunny window to protect your eyes. When you need sunscreen depends on your skin type, where you are, and the time of year.

It's important to protect yourself from UV radiation to avoid skin damage and cancer.

Vocabulary List:



1. **Ultraviolet** /ˌʌltrəˈvaɪələɪt/ (adjective): A type of radiation from the sun that can cause skin damage and cancer.
2. **Cataracts** /ˈkæt.ə.ræktz/ (noun): A medical condition in which the lens of the eye becomes progressively opaque leading to vision loss.
3. **Tinted** /tɪntɪd/ (adjective): Having a small amount of color or shade; used to reduce glare or UV exposure.
4. **Radiation** /ˌreɪ.diˈeɪ.ʃən/ (noun): Energy that is emitted in the form of rays or waves which can be harmful.
5. **Skin cancer** /skɪn ˈkæ.n.sə/ (noun): A type of cancer that forms in the skin cells often due to excessive UV exposure.
6. **Sunscreen** /ˈsʌn.skriːn/ (noun): A lotion that protects the skin from UV radiation.

Comprehension Questions

Multiple Choice

1. What is the main type of UV radiation that causes sunburn, cataracts, and skin cancer?
Option: UVA
Option: UVB
Option: UVC
Option: UVZ
2. Which type of glass in windows can fully stop UVA radiation?
Option: All glass
Option: Laminated glass
Option: Tinted glass
Option: Regular glass
3. What can help protect you from UVA when inside a car?
Option: Car windshields
Option: Tinted windows
Option: Rear windows
Option: Open windows
4. When should you wear sunglasses to protect your eyes from UV radiation?
Option: Only at night
Option: When the UV index is high
Option: When it is cloudy
Option: Only indoors



5. Should you wear sunscreen in the car if you have tinted windows?

Option: Yes, always

Option: No, never

Option: Depends on the UV index

Option: Only during winter

6. What can happen if you are exposed to high levels of UV radiation?

Option: Improved skin health

Option: Reduced risk of cancer

Option: Skin damage and cancer

Option: Enhanced vision

True-False

7. UVA radiation only affects the surface of the skin.

8. All types of glass in windows provide the same level of protection from UVA and UVB radiation.

9. Tinted windows in a car can block UVA radiation.

10. Wearing sunglasses can protect your eyes from UV radiation.

11. Your skin is safe from UV damage if you are inside a car with windows closed.

12. Protecting yourself from UV radiation is essential to prevent skin cancer.

Gap-Fill

13. UVA goes deeper into your skin and can lead to _____.

14. Without tinted windows, your skin can get damaged from exposure to _____.

15. If you have tinted windows in the car, you might not need to apply _____.

16. When the UV index is high, it is advisable to wear _____ to protect your eyes.

17. Using _____ and _____ can help protect yourself from UV



radiation.

18. It is important to shield yourself from UV radiation to avoid _____ and _____.

Answer

Multiple Choice: 1. UVB 2. Laminated glass 3. Tinted windows 4. When the UV index is high 5. No, never 6. Skin damage and cancer

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

Gap-Fill: 13. skin cancer 14. UVA 15. sunscreen 16. sunglasses 18. skin damage

Vocabulary quizzes

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

1. Who are scientists who study celestial objects like stars planets and galaxies?

- Option: Biologists
- Option: Meteorologists
- Option: Astronomers
- Option: Geologists

2. Which state of matter has a definite volume but takes the shape of its container?

- Option: Solid
- Option: Gas
- Option: Liquid
- Option: Plasma

3. What are medications used to treat bacterial infections called?

- Option: Painkillers
- Option: Vitamins
- Option: Antibiotics
- Option: Antihistamines

4. What force is responsible for keeping planets in orbit around the sun?

- Option: Magnetic
- Option: Nuclear
- Option: Gravitational



Option: Frictional

5. Which type of radiation has a wavelength just shorter than that of visible light?

Option: Infrared

Option: Ultraviolet

Option: X-ray

Option: Gamma-ray

6. The process of growth maturation and change in living organisms is known as what?

Option: Decay

Option: Development

Option: Stagnation

Option: Destruction

7. What is the term for a general decline in mental ability severe enough to interfere with daily life?

Option: Depression

Option: Anxiety

Option: Dementia

Option: Paranoia

8. What product can be applied to the skin to protect it from the harmful effects of the sun?

Option: Body lotion

Option: Sunscreen

Option: Perfume

Option: Makeup

9. What term is used to describe the effect or influence of one thing on another?

Option: Collision

Option: Impact

Option: Avoidance

Option: Detachment

10. What is the systematic investigation into and study of materials and sources to establish facts and reach new conclusions?

Option: Guesswork

Option: Research

Option: Imagination

Option: Supposition

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



11. A _____ planet is one that has conditions suitable for life to exist.
12. _____ variants can play a role in the development of regulating disorders.
13. Excessive exposure to ultraviolet _____ can cause skin cancer.
14. In case of a gravitational impact it is crucial to have a plan for _____ to minimize risk.
15. A new asteroid was _____ in orbit around Jupiter.
16. Antibiotics are often used to treat bacterial infections that cause _____.
17. People with light sensitivity may benefit from wearing _____ glasses.
18. _____ trials are essential in the development of new vaccines.
19. The asteroid's _____ orbit indicated its potential to come close to Earth.
20. One way to reduce damage from solar radiation is to _____ exposure to the sun.

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



21. Scientists conducted extensive to understand the effects of the new medication.
22. An is a small rocky body that orbits the sun often found in the asteroid belt.
23. The moon stays in orbit around Earth due to the pull between the two celestial bodies.
24. A is a biological preparation that helps develop immunity to a specific disease.
25. Water is a common example of a substance that flows and takes the shape of its container.
26. Doctors prescribe to treat bacterial infections and prevent their spread.
27. Genetic can lead to different expressions of traits within a population.
28. As individuals age the risk of developing and other cognitive disorders increases.
29. Applying before going out in the sun can help protect your skin from UV rays.
30. Swelling redness and pain are common symptoms of caused by infections or injuries.

Answer

Multiple Choice: 1. Astronomers 2. Liquid 3. Antibiotics 4. Gravitational 5. Ultraviolet 6. Development
7. Dementia 8. Sunscreen 9. Impact 10. Research

Gap-Fill: 11. Habitable 12. Genetic 13. Radiation 14. Evacuation 15. Discovered 16. Inflammation 17. Tinted
18. Clinical 19. Astronomical 20. Minimize

Matching sentence: 1. Research 2. Asteroid 3. Gravitational 4. Vaccine 5. Liquid 6. Antibiotics 7. Variants
8. Dementia 9. Sunscreen 10. Inflammation

CATEGORY

1. Health - LEVEL2

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