



SUN SMARTS! Worksheet

1. The sun provides us energy for _____ and light.
2. _____ rays are the invisible rays that come from the sun.
3. There are two types and they are called _____ and _____ rays.
4. Three ways the sun can damage our bodies: a. _____
b. _____ c. _____
5. _____ is where you live.
6. The _____ is the imaginary line circling the earth where the sun shines strongest. Florida is nicknamed the "Sunshine State."
7. Peak hours when the sun's rays are the strongest are between: _____
8. The sun's rays can reflect off of: a. _____
b. _____ c. _____
9. The sun's rays can go _____ feet deep in the water.
10. _____ tells us how high land is in relation to the sea level.
11. The UV index is a number between _____ and tells us how strong the sun's rays are during the peak hours of the day.
12. _____ % of the sun's rays can go through clouds.
13. Our _____ is our largest organ.
14. The first layer of our skin is called the _____. It contains three special cells. They are the **basal cells**, **squamous cells** and **melanocytes**. Melanocytes contain melanin. Melanin gives our skin its _____.
15. _____ is the most common type of cancer.

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16. By the time you are _____ years old, you have had **50 – 80%** of your lifetime sun exposure.
17. Changes in your _____ or freckles can indicate the presence of skin cancer.
18. Look for the words _____ or SPF and broad spectrum on your sunscreen bottle. Doctors recommend a SPF of 15 or higher.

To be **“SUN SMART”** when we are out in the sun, we should: **COVER UP** with:

A _____, A _____,
 _____, and _____

Word Bank:

Ultraviolet	Water	75	Elevation	UVB	Aging/Wrinkles
Heat	Sun	UVA	Sand	Hat	Glasses
Sunscreen	Skin	Concrete	Moles	Color	Skin Cancer
3	Factor	Burning	Cataracts	Protection	Equator
Epidermis	18	0 – 11+	Geography	10 - 4	Shirt