

## SUN SMARTS! Worksheet

The sun provides us en	ergy for	and light.		
	rays are the invis	ible rays that come from	the sun.	
There are two types an	and	rays.		
Three ways the sun car	n damage our bodies: a.			
b	c			
	is where	you live.		
The	is the ima	is the imaginary line circling the earth where the		
sun shines strongest. F	Florida is nicknamed the	"Sunshine State."		
Peak hours when the s	un's rays are the stronge	est are between:		
The sun's rays can refle	ect off of: a			
b	c.			
The sun's rays can go _	feet deep	in the water.		
	tells us ho	ow high land is in relation	to the sea level	
	per between ne peak hours of the day	and tells us l	how strong the	
% of th	e sun's rays can go thro	ugh clouds.		
Our	is our largest org	an.		
The first layer of our sk	in is called the		It contains	
·	·	amous cells and melano ur skin its	=	
	:-	the most common type o	of cancor	

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16.	By the time you are exposure.	years old, you have had <b>50 – 80%</b> of your lifetime sun
17.	Changes in yourcancer.	or freckles can indicate the presence of skin
18.		or SPF your sunscreen bottle. Doctors recommend a SPF of 15 or
	To be <b>"SUN SMART"</b> who	en we are out in the sun, we should: <b>COVER UP</b> with:
	Α	, 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
<b>Epidermis</b>	18	0 – 11+	Geography	10 - 4	Shirt