***Tuesday 31st March – 5th and 6th Class Mr. Walshe***

* You have spent a day at the seaside. At the \_\_\_**1**\_\_\_ of the day, everyone tells you how \_\_\_**2**\_\_\_ darker you look. You are proud of your tan; it makes you \_\_\_**3**\_\_\_ healthy.
* However, studies have \_\_\_**4**\_\_\_ that too much sunlight can be damaging to your skin. Sunlight \_\_\_**5**\_\_\_ harmful rays known as ultraviolet rays. Over exposure to these rays can affect\_\_\_**6**\_\_\_ skin to become dry and wrinkled. It may even \_\_\_**7**\_\_\_ you age faster ! Worst of \_\_\_**8**\_\_\_ , too much sunlight may even result \_\_\_**9**\_\_\_ skin cancer.
* Our bodies \_\_\_**10**\_\_\_ a kind of pigment called melanin. When the sun blazes \_\_\_**11**\_\_\_ on you, the melanin pigment helps protect your skin \_\_\_**12**\_\_\_ absorbing as much ultraviolet rays as \_\_\_**13**\_\_\_ . However, if you stay in the sun \_\_\_**14**\_\_\_ too long, this pigment is unable to 'cope \_\_\_**15**\_\_\_' the strong rays of the sun.
* \_\_\_**16**\_\_\_ you do want to go swimming, you should take the following precautions. First, try to avoid swimming \_\_\_**17**\_\_\_ ten in the morning \_\_\_**18**\_\_\_ two in the afternoon. These are the \_\_\_**19**\_\_\_ when the sun is the strongest. It may also be a good idea to \_\_\_**20**\_\_\_ a sun protection lotion when you go out in the sun.