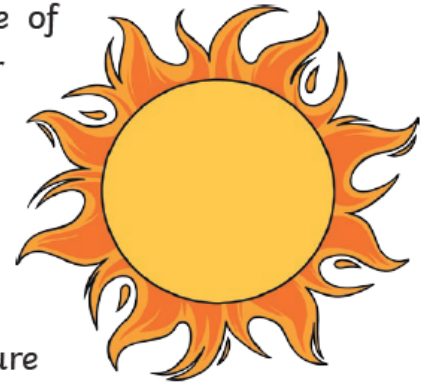




We all need some sun exposure - it's the top source of Vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.

However, repeated, unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage and skin cancer.



Most children get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely.

Taking the right precautions is very important when protecting your skin.

Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Sunlight contains three types of ultraviolet rays: **UVA**, **UVB** and **UVC**:

RETRIEVE

INTERPRET

CHOICE

Why do we need some sun exposure?

What 3 things can rays of sunlight do to our skin?

1. _____

2. _____

3. _____

How can you protect your skin from the dangers of the sun?

What word has the author used to show that we cannot see UV rays?



Spellings
accept
except
knot
not
peace
piece
plain
plane
weather
whether

Write the correct spelling into each sentence.

The teacher gave everyone a _____ of _____ paper.

Tim stood at the front of assembly to _____ his prize.

I had a _____ in my shoelaces.

All was dark, _____ for a tiny candle in the corner.

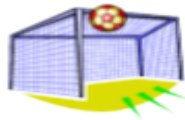
I like most vegetables but _____ cauliflower.

In church the people prayed for _____ on Earth.

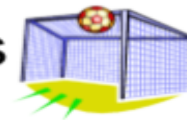
The _____ stopped the children playing out today.

The pilot landed his _____ safely on the runway.

The children wondered _____ they should tell their teacher.



Grammar Goals



Insert a **subordinating conjunction** to show that we ate lunch and listened to music at the same time.

We listened to the music _____ we ate our lunch.

Rewrite the two sentences below as one sentence using an appropriate **co-ordinating conjunction**.

Remember to punctuate your answer correctly.

We have time to play a game. We will have to finish it before dinner.
