

Doctors warn over application of suntan lotion

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Doctors are warning people to use suntan lotion correctly or risk serious burns or skin damage. The warning comes as much of the northern hemisphere swelters in record-breaking and deadly heatwaves. Japan has declared its heatwave a natural disaster as at least 80 people have died from heat-related conditions. The doctors say people are getting less than half the protection from the sun than they think. Their advice is to use lotion with the highest sun protection factor (SPF) possible. Many people wrongly believe SPF 15 is sufficient to block the sun's harmful UV rays. However, researchers say people need to use SPF 30 or 50 to make sure they are protected.

The doctors highlighted another problem related to our use of suntan lotion - we do not use enough of it. Apparently, we are skimping on how much lotion we apply to our skin. Professor Anthony Young said most people apply lotion too thinly and often do not spread it on areas of the skin that are at risk. He said most people only get 40 per cent of the expected protection from SPF 50 lotion because they are applying it too thinly. People need to apply at least six teaspoons (36g) to cover their body. Doctors say we need to use more than half a teaspoon to cover the face, neck and ears. They warned us not to forget to put lotion on our ears, which we often neglect and are particularly prone to burning.

Sources: bbc.com / telegraph.com

Writing

Sun tans are unnecessary and unhealthy. Discuss.

Chat

Talk about these words from the article.

warning / suntan / burns / skin damage / northern hemisphere / protection / block skimping / problem / skin / at risk / teaspoons / face / neck / ears / prone / burning

True / False

- Doctors have said suntan lotion causes skin damage. T / F
- The southern hemisphere has been sweltering in record heat. T / F
- People are getting half the protection they think they are. T / F
- Doctors say suntan lotion with a factor 15 will block all of the sun's rays. T / F
- Doctors say we don't spread suntan lotion on thickly enough. T / F
- Doctors say people do not put lotion on at-risk areas of the skin. T / F
- People need over six teaspoons of lotion to cover their body. T / F
- Most people remember to put suntan lotion on their ears. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|----------------|
| 1. warning | a. rub |
| 2. correctly | b. safeguarded |
| 3. conditions | c. economizing |
| 4. lotion | d. illnesses |
| 5. protected | e. susceptible |
| 6. related | f. properly |
| 7. skimping | g. put on |
| 8. spread | h. cream |
| 9. apply | i. cautioning |
| 10. prone | j. connected |

Discussion – Student A

- What do you think about what you read?
- What are the bad things about suntans?
- What can you do for sunburn?
- What else could we use instead of suntan lotion?
- What do you know about suntan lotion and the environment?
- What would happen if the world gets warmer?
- Do you prefer the heat or the cold?
- What questions would you like to ask the doctors?

Phrase Match

- | | |
|----------------------------------|-----------------------|
| 1. use suntan lotion | a. hemisphere |
| 2. risk serious burns or skin | b. we often neglect |
| 3. the northern | c. harmful UV rays |
| 4. died from heat- | d. thinly |
| 5. sufficient to block the sun's | e. correctly |
| 6. areas of the skin that are at | f. related conditions |
| 7. they are applying it too | g. to burning |
| 8. more than half | h. damage |
| 9. put lotion on our ears, which | i. a teaspoon |
| 10. particularly prone | j. risk |

Discussion – Student B

- What do you think of suntans?
- Why do people want to get a suntan?
- Is a tan healthy looking?
- What do you think of suntan lotion?
- What do you do in a heatwave?
- How dangerous is being in the sun?
- What do you know about the sun's UV rays?
- Are people who live in sunny countries happier?

Spelling

- risk ouiesrs burns
- the northern misephhre
- drelpace its heatwave a natural disaster
- heat-dltaere conditions
- efnufsitci to block the sun's harmful UV rays
- make sure they are oetretcdp
- The doctors higieghldht another problem
- we are iknpmgsi on how much
- they are algpnniy it too thinly
- half a oanpeots
- on our ears, which we often tegnelc
- iutraalplcyr prone to burning

Answers – Synonym Match

1. i	2. f	3. d	4. h	5. b
6. j	7. c	8. a	9. g	10. e

Role Play

Role A – Picnic

You think having a picnic is the best thing to do when it's hot. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these of these (and why): going to the beach, going shopping or staying at home.

Role B – Beach

You think going to the beach is the best thing to do when it's hot. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these of these (and why): having a picnic, going shopping or staying at home.

Role C – Shopping

You think going shopping is the best thing to do when it's hot. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these of these (and why): going to the beach, having a picnic or staying at home.

Role D – Stay at Home

You think staying at home is the best thing to do when it's hot. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these of these (and why): going to the beach, going shopping or having a picnic.

Speaking – Sun

Rank these with your partner. Put the best things to do when it's hot outside at the top. Change partners often and share your rankings.

- | | |
|---------------|-----------------|
| • Stay inside | • Picnic |
| • Hiking | • Beach |
| • Shopping | • Swimming pool |
| • Sleep | • Barbeque |

Answers – True False

a	F	b	F	c	T	d	F	e	T	f	T	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.