

Sunshine may prevent cancer

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THE ARTICLE

Sunshine may prevent cancer

BNE: Sunshine is back in the good books of medical practitioners and dermatologists. New research suggests that fifteen minutes a day of direct exposure to sunshine may be beneficial in the prevention and treatment of many forms of cancer. Researchers point to the fact that there is a lower incidence of prostate, colon and breast cancers in sunnier parts of the world.

Dr. Edward Giovannucci of Harvard University suggests that vitamin D, also known as the "sunshine vitamin", might help prevent 30 deaths for each one caused by skin cancer. He said: "I would challenge anyone to find an area or nutrient or any factor that has such consistent anti-cancer benefits as vitamin D."

Plastering our bodies in sunscreen to avoid skin cancers, such as melanoma, may be more harmful than direct exposure to the sun. Sunscreen blocks UV rays and therefore inhibits the vital production of vitamin D. Our skin absorbs the rays and produces vitamin D. Melanoma, the deadliest kind of skin cancer, accounts for just 1.4 per cent of all cancer deaths.

WARM-UPS

1. HEADLINE: In pairs / groups, make your own news report from the two words "sunshine" and "cancer". Develop the story, complete with characters and facts, and tell it to another partner / group. Decide whose story is most probable.

2. CHAT: In pairs / groups, decide which of these topics are most interesting and which are most boring.

*Sunshine / sunnier parts of the world / vitamins / vitamin D / skin cancer /
sunscreen / beaches / sunbathing / UV rays*

Have a chat about the topics you liked. For more conversation, change topics and partners frequently.

3. SUNSHINE: Spend one minute writing down all of the different words you associate with sunshine. Share your words with your partner / group and talk about them.

4. SUNSHINE OPINIONS: In pairs / groups, decide which of these opinion you agree with. Discuss how much truth there is in each one.

- a. The sun is good for you.
- b. You must wear sun block / sunscreen every time you go outside.
- c. Being in the sun is bad because it causes wrinkles.
- d. Sun tanned skin doesn't look good.
- e. Buying vitamin D supplements is a waste of time. The sun is free.
- f. People have become paranoid about UV rays.
- g. Sunshine is good for you but not in areas where the ozone layer has been depleted.
- h. People who sunbathe are crazy.
- i. Feeling the warmth of the sun on your skin is one of life's greatest pleasures.
- j. Our bodies need sunshine.

BEFORE READING / LISTENING

1. TRUE / FALSE: Look at the article's headline and guess whether these sentences are true (T) or false (F):

- | | |
|--|-------|
| a. There are some good new books about sunshine. | T / F |
| b. New research says exposure to the sun increases the risk of cancer. | T / F |
| c. People in sunnier parts of the world are more likely to have cancer. | T / F |
| d. Vitamin C is called the "sunshine vitamin". | T / F |
| e. Vitamin D may prevent 30 deaths for each one caused by skin cancer. | T / F |
| f. Coating our bodies in sunscreen may contain hidden dangers. | T / F |
| g. Sunscreen allows our skin to absorb ultraviolet rays. | T / F |
| h. Skin cancers account for less than two per cent of all cancer deaths. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article:

- | | |
|----------------------|--------------|
| a. in the good books | covering |
| b. dermatologists | occurrence |
| c. exposure | hinders |
| d. incidence | invariable |
| e. also known as | detrimental |
| f. consistent | in favor |
| g. plastering | aka |
| h. harmful | contact |
| i. inhibits | constitutes |
| j. accounts for | skin experts |

3. PHRASE MATCH: Match the following phrases from the article (sometimes more than one combination is possible):

- | | |
|--------------------------|-----------------------------|
| a. back in the | the fact that |
| b. medical | in sunscreen |
| c. point to | the production of vitamin D |
| d. a lower | practitioners |
| e. sunnier | the rays |
| f. also known as | good books |
| g. plastering our bodies | exposure to the sun |
| h. direct | the "sunshine vitamin" |
| i. inhibits | parts of the world |
| j. our skin absorbs | incidence of |

WHILE READING / LISTENING

WORD ORDER: Put the underlined words back in the correct order.

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Dr. Edward Giovannucci of Harvard University suggests that vitamin D, also known as the "sunshine vitamin", might help prevent 30 deaths by each caused for one skin cancer. He said: "I would challenge anyone to find an area or nutrient or has such factor that any consistent anti-cancer benefits as vitamin D."

Plastering our bodies in cancers sunscreen skin avoid to, such as melanoma, may be more harmful than direct exposure to the sun. Sunscreen blocks UV rays and the inhibits of production therefore vitamin D. Our skin absorbs the rays and produces vitamin D. Melanoma, the deadliest kind of skin cancer, accounts for just 1.4 per cent of all cancer deaths.

AFTER READING

1. WORD SEARCH: Look in your dictionaries / computer to find collocates, other meanings, information, synonyms ... for the words '**sun**' and '**shine**'.

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. WORD ORDER: In pairs / groups, compare and talk about your answers to this exercise. After you agree, check your answers against the text.

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. STUDENT SUNSHINE SURVEY: In pairs / groups write down questions about sunshine.

- Ask other classmates your questions and note down their answers.
- Go back to your original partner / group and compare your findings.
- Make a mini-presentation to another group / the class on your findings.

6. TEST EACH OTHER: Look at the words below. With your partner, try to recall exactly how these were used in the text:

- books
- direct
- forms
- sunnier
- Harvard University
- prevent
- challenge
- nutrient
- sunscreen
- inhibits
- absorbs
- 1.4 per cent

DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

- a. What was your initial reaction to this headline?
- b. Are you interested in reading about health issues?
- c. Do you like the sun?
- d. Are you a sun worshipper?
- e. Do you think exposure to sunshine is dangerous?
- f. Which would you prefer, sun tanned skin or your natural color?
- g. Do you try and stay out of the sun?
- h. Do you take vitamin D supplements? Are you confident they work?
- i. Do you like the feeling of sunshine on your body?
- j. Would you prefer to live in a sunnier part of the world?

STUDENT B's QUESTIONS (Do not show these to student A)

- a. Did you like reading the article?
- b. Do you believe the news in this article?
- c. Will it make you change your behavior in any way?
- d. How often do you use sunscreen / sun blocks?
- e. Do you think dark, sun tanned skin looks healthy?
- f. Do you like going to the beach?
- g. What do you think of people who go to tanning centers?
- h. Do you worry that exposure to sunshine hastens the emergence of wrinkles?
- i. Are you concerned about the depletion of the ozone layer?
- j. Did you like this discussion?

AFTER DISCUSSION: Join another partner / group and tell them what you talked about.

- a. What question would you like to ask about this topic?
- b. What was the most interesting thing you heard?
- c. Was there a question you didn't like?
- d. Was there something you totally disagreed with?
- e. What did you like talking about?
- f. Do you want to know how anyone else answered the questions?
- g. Which was the most difficult question?

SPEAKING

“THE UNIVERSE” ROLE PLAY: This role play is to discuss and decide which is the most important part of the universe. Team up with classmates who have been assigned the same role to develop your roles and discuss ideas and “strategies” before the role play begins.

Introduce yourself to the other role players before the role play begins.

Role A – Sun

Some of your benefits:

You are the centre of the universe. No life can exist without you. You provide warmth, light and energy.

Write why you are better than the moon and earth:

.....
.....

Role B – Moon

Some of your benefits:

You are mysterious. You are responsible for the movement of the earth’s oceans. You will not die like the sun. You will one day be inhabitable.

Why you are better than the sun and earth:

.....
.....

Role C – Earth

Some of your benefits:

You are the wonder of creation. The most beautiful creatures and things live on you. Without earth there is nothing.

Why you are better than the moon and sun:

.....
.....

Change roles and repeat the role play. Comment in groups about the differences between the two role plays.

LISTENING

Listen and fill in the spaces.

Sunshine may prevent cancer

BNE: Sunshine is _____ of medical practitioners and dermatologists. New research suggests that fifteen minutes a day of direct exposure to sunshine _____ in the prevention and treatment of many forms of cancer. Researchers _____ there is a lower incidence of prostate, colon and breast cancers in sunnier parts of the world.

Dr. Edward Giovannucci of Harvard University suggests that vitamin D, also known as the "sunshine vitamin", might help prevent 30 deaths _____ skin cancer. He said: "I would challenge anyone to find an area or nutrient or any factor _____ anti-cancer benefits as vitamin D."

_____ sunscreen to avoid skin cancers, such as melanoma, may be more harmful than _____ to the sun. Sunscreen blocks UV rays and therefore inhibits the production of vitamin D. Our _____ and produces vitamin D. Melanoma, the deadliest kind of skin cancer, _____ 1.4 percent of all cancer deaths.

HOMEWORK

- 1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.
- 2. INTERNET:** Search the Internet and find information on sunshine. Share your findings with your class in the next lesson.
- 3. ULTRAVIOLET RAYS:** Make an information sheet about the benefits and dangers of UV rays. Show your information sheets to your classmates in the next lesson.
- 4. LETTER:** Write a letter of thanks to the sun. Explain how important you think the sun is and what part it plays in your everyday life. Show your letter to your classmates in the next lesson. Compare the things you wrote about.

ANSWERS

TRUE / FALSE:

- a. F b. F c. F d. F e. T f. T g. F h. T

SYNONYM MATCH:

- | | |
|----------------------|--------------|
| a. in the good books | in favor |
| b. dermatologists | skin experts |
| c. exposure | contact |
| d. incidence | occurrence |
| e. also known as | aka |
| f. consistent | invariable |
| g. plastering | covering |
| h. harmful | detrimental |
| i. inhibits | hinders |
| j. accounts for | constitutes |

PHRASE MATCH:

- | | |
|--------------------------|-----------------------------|
| a. back in the | good books |
| b. medical | practitioners |
| c. point to | the fact that |
| d. a lower | incidence of |
| e. sunnier | parts of the world |
| f. also known as | the "sunshine vitamin" |
| g. plastering our bodies | in sunscreen |
| h. direct | exposure to the sun |
| i. inhibits | the production of vitamin D |
| j. our skin absorbs | the rays |

WORD ORDER:

Sunshine may prevent cancer

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