



Name _____ Class _____ Date _____

Too Much Sun Hurts

Unprotected skin can be **damaged** by the sun's UV rays in as little as **15 minutes**, but it can take up to 12 hours to show the full effect of sun exposure.

Tanning—Beware!

Sun-tanned skin is damaged skin. Any change in the color of your skin, whether sunburn or suntan, shows damage from UV rays.

There are three things that determine whether people **burn or tan**:

- 1) Skin type (normal, dry, oily, or combination)
- 2) Time of the year
- 3) How long they have been exposed to the sun's UV rays

Over time, too much exposure to UV rays can change how your skin feels and cause your skin to age faster than normal. Sometimes, it can also cause skin cancer.



PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet

Some
tan
can
type

Sun
call

look. If you decide to use a sunless tanning product, be careful not to inhale it or let it get in your eyes, nose, mouth or ears.

Healthy skin is beautiful skin, and your natural skin tone is what makes you uniquely you!



Vitamin D

Your body needs **vitamin D** to **absorb calcium** so you can develop strong bones, muscles, and teeth. Even though your body makes vitamin D when your skin is exposed to the sun, you can also get the vitamin D from foods like **fish, dairy products, and eggs** as well as from a daily **multivitamin**. Try to get most of your vitamin D from the foods you eat rather than from the sun to keep your skin and bones healthy.



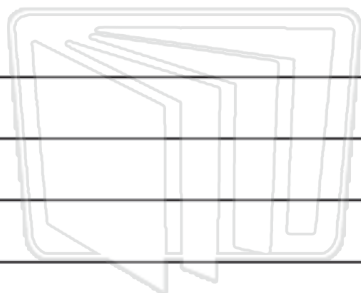


Name _____ Class _____ Date _____

Too Much Sun Hurts

Unprotected skin can be **damaged** by the sun's UV rays in as little as _____, but it can take up to _____ to show the full effect of sun exposure.

Tanning-Beware!

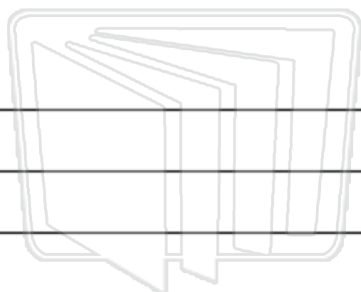


3 things that determine whether people burn or tan:



PREVIEW

Please [Sign In](#) or [Sign Up](#) to download the printable version of this worksheet



Vitamin D

