

# Staying Safe in the Sun

Task 1 - Matching Activity below

**Challenge Task** - Can you design an entire outfit for someone who is going to the beach on a very sunny day?

Match the picture with the sentence which describes it.



These protect your eyes from the invisible UV rays the sun gives out.

These protect your head, face and neck from the sun.

This is used to protect parts of your body from the sun. It can be sprayed or squirted and then rubbed into your skin.

This protects your skin from the sun. It's a good way to protect your chest, shoulders and upper arms.

This keeps you out of direct sunlight. You might find it under a tree or a parasol. It's a good idea to find this when the sun is at its strongest, between 11am and 3pm.

This keeps you hydrated. It is important to drink lots of this to replace all the fluids lost from your body during the day.

# Answers

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