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**Level 6 – 27th July, 2018**

## Doctors warn over application of suntan lotion

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

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: <https://www.bbc.com/news/health-44936124>  
<https://www.telegraph.co.uk/travel/news/hawaii-sun-tan-lotion-ban/>  
<https://www.bbc.com/news/world-asia-44935152>

# WARM-UPS

**1. SUNTAN LOTION:** Students walk around the class and talk to other students about suntan lotion. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

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

Have a chat about the topics you liked. Change topics and partners frequently.

**3. SUNTANS:** Students A **strongly** believe suntans are totally unnecessary; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

**4. HEATWAVES:** How are the following people at risk in heatwaves? How can we help them? Complete this table with your partner(s). Change partners often and share what you wrote.

	How they are at risk	How we can help
Babies		
Old people		
Road sweepers		
Asthmatics		
Soldiers		
School children		

**5. BURN:** Spend one minute writing down all of the different words you associate with the word "burn". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. 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.

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

# VOCABULARY MATCHING

## Paragraph 1

- |               |   |
|---------------|---|
| 1. burns      | a. Is horribly and uncomfortably hot.                                       |
| 2. hemisphere | b. Enough.  |
| 3. swelters   | c. Injuries caused by heat, hot water, acid or flames touching the skin.    |
| 4. condition  | d. A half of the earth, usually the northern half or southern half.         |
| 5. protection | e. An illness or other medical problem.                                     |
| 6. sufficient | f. The act of keeping something or someone safe.                            |
| 7. rays       | g. The lines in which light (and heat) seem to stream or come from the sun. |

## Paragraph 2

- |                |  |
|----------------|--|
| 8. highlighted | h. Putting or spreading (something) on a surface or on your skin.  |
| 9. apparently  | i. Picked out and emphasized.  |
| 10. skimping   | j. Regarded something as likely to happen.   |
| 11. expected   | k. Fail to care for something properly.  |
| 12. applying   | l. As far as one knows or can see.   |
| 13. neglect    | m. Likely to suffer from, do, or experience something, usually something regrettable or unwelcome.         |
| 14. prone      | n. Using less time or money or material on something that is necessary because you want to save something. |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

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

## 2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

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

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                  |                       |
|----------------------------------|-----------------------|
| 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               |

# GAP FILL

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

Doctors are warning people to use (1) \_\_\_\_\_ lotion correctly or risk serious burns or skin damage. The warning comes as much of the (2) \_\_\_\_\_ hemisphere swelters in record-breaking and deadly heatwaves. Japan has declared its heatwave a (3) \_\_\_\_\_ disaster as at least 80 people have died from heat-related (4) \_\_\_\_\_. The doctors say people are getting less than half the protection from the sun than they think. Their (5) \_\_\_\_\_ is to use lotion with the highest sun protection factor (SPF) possible. Many people (6) \_\_\_\_\_ believe SPF 15 is sufficient to block the sun's harmful UV (7) \_\_\_\_\_. However, researchers say people need to use SPF 30 or 50 to make sure they are (8) \_\_\_\_\_.

*conditions*  
*suntan*  
*wrongly*  
*natural*  
*protected*  
*northern*  
*rays*  
*advice*

The doctors (9) \_\_\_\_\_ another problem related to our use of suntan lotion - we do not use enough of it. Apparently, we are (10) \_\_\_\_\_ on how much lotion we apply to our skin. Professor Anthony Young said most people apply lotion too (11) \_\_\_\_\_ and often do not spread it on areas of the skin that are at (12) \_\_\_\_\_. He said most people only get 40 per cent of the (13) \_\_\_\_\_ protection from SPF 50 lotion because they are applying it too thinly. People need to apply at (14) \_\_\_\_\_ 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 (15) \_\_\_\_\_ and are particularly (16) \_\_\_\_\_ to burning.

*risk*  
*highlighted*  
*neglect*  
*expected*  
*skimping*  
*prone*  
*thinly*  
*least*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

- 1) warning people to use suntan lotion correctly or risk serious \_\_\_\_\_ damage
  - a. burnt or skin
  - b. barns or skin
  - c. brims or skin
  - d. burns or skin
- 2) The warning comes as much of the northern \_\_\_\_\_
  - a. hemisphere sweaters
  - b. hemisphere sweetness
  - c. hemisphere swelters
  - d. hemisphere shelters
- 3) Their advice is to use lotion with the highest sun \_\_\_\_\_
  - a. protection factory
  - b. protection factor
  - c. protect shin factory
  - d. protects shin factor
- 4) Many people wrongly believe SPF 15 is sufficient to block the \_\_\_\_\_ UV rays
  - a. sun's harmed full
  - b. sun's armful
  - c. sun's arm full
  - d. sun's harmful
- 5) researchers say people need to use SPF 30 or 50 to make sure \_\_\_\_\_
  - a. they are protect it
  - b. they are protection
  - c. they are protected
  - d. they are protective
- 6) Apparently, we are skimping on how much lotion we \_\_\_\_\_ skin
  - a. apply to our
  - b. reply to our
  - c. comply to our
  - d. imply to our
- 7) people apply lotion too thinly and often do not spread it on areas of the skin that \_\_\_\_\_
  - a. are at risk
  - b. are rat risky
  - c. are at risqué
  - d. are rat risk
- 8) 40% of the expected protection from SPF 50 lotion because they are applying \_\_\_\_\_
  - a. it two thinly
  - b. it too thin
  - c. it too thee knee
  - d. it too tinny
- 9) Doctors say we need to use more than half a teaspoon to \_\_\_\_\_
  - a. recover the face
  - b. covering the face
  - c. cover the face
  - d. covet the face
- 10) forget to put lotion on our ears, which we often neglect and are particularly \_\_\_\_\_
  - a. prove to burning
  - b. prom to burning
  - c. pronto burning
  - d. prone to burning

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

Doctors are warning people to use suntan lotion (1) \_\_\_\_\_ serious burns or skin damage. The warning comes as much of the northern (2) \_\_\_\_\_ record-breaking and deadly heatwaves. Japan has declared its heatwave a natural (3) \_\_\_\_\_ least 80 people have died from heat-related conditions. The doctors say people are getting (4) \_\_\_\_\_ the protection from the sun than they think. Their advice is to (5) \_\_\_\_\_ the highest sun protection factor (SPF) possible. Many people wrongly believe SPF 15 is sufficient to block the (6) \_\_\_\_\_ rays. However, researchers say people need to use SPF 30 or 50 to make sure they are protected.

The doctors highlighted another problem (7) \_\_\_\_\_ use of suntan lotion - we do not use enough of it. Apparently, we are skimping on how much lotion (8) \_\_\_\_\_ our skin. Professor Anthony Young said most people apply lotion too thinly and often do not spread it on areas of the skin that (9) \_\_\_\_\_. He said most people only get 40 per cent of the expected protection from SPF 50 lotion because they are applying (10) \_\_\_\_\_. People need to apply at least six teaspoons (36g) to cover their body. Doctors say we need to use more than (11) \_\_\_\_\_ to cover the face, neck and ears. They warned us not to forget to put lotion on our ears, which (12) \_\_\_\_\_ and are particularly prone to burning.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

1. What could people burn if they don't use suntan lotion properly?
2. Where is there record-breaking temperatures?
3. How much less protection are people getting than they think they are?
4. What sun protection factor do people incorrectly believe is enough?
5. What SPF do researchers say we need?
6. What additional problem did doctors describe?
7. How do most people do wrong when applying suntan lotion?
8. How many teaspoons of suntan lotion do we need to cover our body?
9. How much suntan lotion do we need to cover our face, neck and ears?
10. What did doctors say was prone to burning?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

- 1) What could people burn if they don't use suntan lotion properly?
  - a) their head
  - b) their skin
  - c) their hands
  - d) their feet
- 2) Where is there record-breaking temperatures?
  - a) the Indian Ocean
  - b) the Sahara Desert
  - c) near the equator
  - d) the northern hemisphere
- 3) How much less protection are people getting than they think they are?
  - a) half
  - b) a quarter
  - c) three-quarters
  - d) a third
- 4) What sun protection factor do people incorrectly believe is enough?
  - a) 1
  - b) 10
  - c) 15
  - d) 20
- 5) What SPF do researchers say we need?
  - a) 15-20
  - b) 30-50
  - c) 20-30
  - d) 50-100
- 6) What additional problem did doctors describe?
  - a) not using enough suntan lotion
  - b) global warming
  - c) the ozone layer
  - d) skin cancer
- 7) What do most people do wrong when applying suntan lotion?
  - a) use cheap suntan lotion
  - b) use old suntan lotion
  - c) use it too thinly
  - d) use too much
- 8) How many teaspoons of suntan lotion do we need to cover our body?
  - a) more than 6
  - b) more than 7
  - c) more than 8
  - d) more than 9
- 9) How much suntan lotion do we need to cover our face, neck and ears?
  - a) half a teaspoon
  - b) half a tablespoon
  - c) half a dessertspoon
  - d) one tablespoon
- 10) What did doctors say was prone to burning?
  - a) our scalp
  - b) our cheeks
  - c) our nose
  - d) our ears

# ROLE PLAY

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

## **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.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

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

sun	tan

- 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. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

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

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• serious</li><li>• natural</li><li>• half</li><li>• highest</li><li>• believe</li><li>• 30</li></ul>	<ul style="list-style-type: none"><li>• use</li><li>• much</li><li>• skin</li><li>• only</li><li>• more</li><li>• prone</li></ul>
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# SUNTAN LOTION SURVEY

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

Write five GOOD questions about suntan lotion in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# SUNTAN LOTION DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'suntan'?
3. What do you think of suntans?
4. Why do people want to get a suntan?
5. Is a tan healthy looking?
6. What do you think of suntan lotion?
7. What do you do in a heatwave?
8. How dangerous is being in the sun?
9. What do you know about the sun's UV rays?
10. Are people who live in sunny countries happier?

*Doctors warn over application of suntan lotion – 27th July, 2018*  
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# SUNTAN LOTION DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'lotion'?
13. What do you think about what you read?
14. What are the bad things about suntans?
15. What can you do for sunburn?
16. What else could we use instead of suntan lotion?
17. What do you know about suntan lotion and the environment?
18. What would happen if the world gets warmer?
19. Do you prefer the heat or the cold?
20. What questions would you like to ask the doctors?

## **DISCUSSION (Write your own questions)**

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

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

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

Doctors are (1) \_\_\_\_\_ people to use suntan lotion correctly or (2) \_\_\_\_\_ serious burns or skin damage. The warning comes as much of the (3) \_\_\_\_\_ 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 (4) \_\_\_\_\_. 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 (5) \_\_\_\_\_ (SPF) possible. Many people wrongly believe SPF 15 is sufficient to block the sun's harmful UV (6) \_\_\_\_\_. However, researchers say people need to use SPF 30 or 50 to make sure they are protected.

The doctors highlighted another problem (7) \_\_\_\_\_ to our use of suntan lotion - we do not use enough of it. Apparently, we are (8) \_\_\_\_\_ 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 (9) \_\_\_\_\_ risk. He said most people only get 40 per cent of the expected protection from SPF 50 lotion because they are (10) \_\_\_\_\_ 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 (11) \_\_\_\_\_ and are particularly (12) \_\_\_\_\_ to burning.

**Put the correct words from the table below in the above article.**

- |     |               |                |                 |                  |
|-----|---------------|----------------|-----------------|------------------|
| 1.  | (a) waning    | (b) warning    | (c) warring     | (d) wasting      |
| 2.  | (a) risks     | (b) risk       | (c) risqué      | (d) risky        |
| 3.  | (a) norther   | (b) northerly  | (c) north       | (d) northern     |
| 4.  | (a) condition | (b) conditions | (c) conditional | (d) conditionals |
| 5.  | (a) factual   | (b) faction    | (c) factory     | (d) factor       |
| 6.  | (a) bays      | (b) lays       | (c) rays        | (d) ways         |
| 7.  | (a) related   | (b) relatives  | (c) relatively  | (d) relations    |
| 8.  | (a) scrumming | (b) scamming   | (c) skimping    | (d) scampering   |
| 9.  | (a) as        | (b) of         | (c) to          | (d) at           |
| 10. | (a) applying  | (b) complying  | (c) replying    | (d) supplying    |
| 11. | (a) neglect   | (b) regret     | (c) perfect     | (d) inspect      |
| 12. | (a) prone     | (b) prune      | (c) preen       | (d) plume        |



# SPELLING

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

## Paragraph 1

1. risk ouiesrs burns
2. the northern miseephre
3. dreldace its heatwave a natural disaster
4. heat-dltaere conditions
5. efnufsitci to block the sun's harmful UV rays
6. make sure they are oetretcdp

## Paragraph 2

7. The doctors higieghldht another problem
8. we are iknpgmsi on how much
9. they are algppniy it too thinly
10. half a oanpeots
11. on our ears, which we often tegnelc
12. iutraalpcyr prone to burning

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

**Number these lines in the correct order.**

- ( ) heatwave a natural disaster as at least 80 people have died from heat-related conditions. The doctors say people are
- ( ) lotion with the highest sun protection factor (SPF) possible. Many people wrongly believe
- ( ) of it. Apparently, we are skimping on how much lotion we apply to our skin. Professor Anthony Young said most people apply
- ( ) on our ears, which we often neglect and are particularly prone to burning.
- ( ) getting less than half the protection from the sun than they think. Their advice is to use
- ( ) half a teaspoon to cover the face, neck and ears. They warned us not to forget to put lotion
- ( ) least six teaspoons (36g) to cover their body. Doctors say we need to use more than
- ( **1** ) Doctors are warning people to use suntan lotion correctly or risk serious burns or skin damage. The warning comes
- ( ) 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
- ( ) The doctors highlighted another problem related to our use of suntan lotion - we do not use enough
- ( ) protection from SPF 50 lotion because they are applying it too thinly. People need to apply at
- ( ) as much of the northern hemisphere swelters in record-breaking and deadly heatwaves. Japan has declared its
- ( ) 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.

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

1. to are lotion correctly . use suntan people Doctors warning
2. its has natural Japan declared a disaster . heatwave
3. less getting are the than protection . half People
4. 15 sufficient . wrongly believe is people SPF Many
5. use need say to people SPF 30 . Researchers
6. of to related Another our lotion . problem use
7. much How lotion we apply skin . to our
8. that are at the risk . Areas skin of
9. at least need People apply to six teaspoons .
10. ears . Forget to put lotion our on

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

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

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

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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D\_o\_c\_t\_o\_r\_s\_w\_a\_r\_n\_i\_n\_g\_p\_e\_o\_p\_l\_e\_t\_h\_a\_t\_s\_u\_n\_t\_a\_n\_l\_o\_t\_i\_o\_n\_n\_o\_t\_c\_o\_r\_r\_e\_c\_t\_l\_y\_r\_i\_s\_k\_s\_o\_r\_s\_b\_u\_r\_n\_s\_o\_r\_s\_k\_i\_n\_d\_e\_m\_g\_. T\_h\_e\_w\_a\_r\_n\_i\_n\_g\_c\_o\_m\_e\_s\_s\_o\_m\_e\_c\_h\_o\_f\_t\_h\_e\_n\_r\_t\_h\_e\_r\_n\_h\_o\_m\_e\_s\_p\_h\_r\_e\_s\_w\_i\_t\_h\_s\_u\_n\_r\_e\_c\_r\_d-b\_r\_o\_k\_e\_n\_g\_a\_n\_d\_d\_e\_e\_d\_l\_y\_h\_o\_t\_w\_e\_v\_e\_s. J\_a\_p\_a\_n\_h\_a\_s\_d\_e\_c\_l\_a\_r\_e\_d\_t\_h\_a\_t\_h\_o\_t\_w\_e\_v\_e\_n\_a\_t\_r\_l\_d\_s\_s\_t\_r\_s\_a\_t\_l\_e\_s\_t\_8\_0\_p\_e\_o\_p\_l\_e\_h\_a\_v\_e\_d\_e\_d\_f\_r\_o\_m\_h\_o\_t-r\_e\_l\_a\_t\_e\_d\_c\_o\_n\_d\_i\_t\_i\_o\_n\_s. T\_h\_e\_d\_o\_c\_t\_o\_r\_s\_s\_a\_y\_p\_e\_o\_p\_l\_e\_a\_r\_g\_e\_t\_t\_i\_n\_g\_l\_e\_s\_s\_t\_h\_a\_n\_h\_a\_l\_f\_t\_h\_e\_p\_r\_o\_t\_e\_c\_t\_i\_o\_n\_f\_r\_o\_m\_t\_h\_e\_s\_u\_n\_t\_h\_a\_n\_t\_h\_e\_y\_t\_h\_a\_n\_k. T\_h\_e\_r\_e\_d\_v\_i\_c\_e\_s\_t\_h\_a\_t\_s\_u\_n\_l\_o\_t\_i\_o\_n\_w\_i\_t\_h\_t\_h\_e\_h\_i\_g\_h\_e\_s\_t\_s\_u\_n\_p\_r\_o\_t\_e\_c\_t\_i\_o\_n\_f\_a\_c\_t\_o\_r(S\_P\_F)p\_o\_s\_s\_i\_b\_l\_e. M\_a\_n\_y\_p\_e\_o\_p\_l\_e\_w\_r\_o\_n\_g\_l\_y\_b\_e\_l\_i\_e\_v\_e\_S\_P\_F\_1\_5\_s\_o\_s\_o\_f\_f\_e\_c\_i\_e\_n\_t\_t\_o\_b\_l\_o\_c\_k\_t\_h\_e\_s\_u\_n's\_h\_a\_r\_m\_f\_u\_l\_U\_V\_r\_a\_y\_s. H\_o\_w\_e\_v\_e\_r,r\_e\_s\_e\_a\_r\_c\_h\_e\_r\_s\_s\_a\_y\_p\_e\_o\_p\_l\_e\_n\_e\_e\_d\_t\_h\_a\_t\_s\_u\_n\_S\_P\_F\_3\_0\_o\_r\_5\_0\_t\_o\_m\_a\_k\_e\_s\_u\_n\_t\_h\_a\_t\_h\_e\_y\_a\_r\_e\_p\_r\_o\_t\_e\_c\_t\_e\_d.

T\_h\_e\_d\_o\_c\_t\_o\_r\_s\_h\_i\_g\_h\_l\_i\_g\_h\_t\_e\_d\_a\_n\_t\_h\_e\_p\_r\_o\_b\_l\_e\_m\_r\_e\_l\_a\_t\_e\_d\_t\_h\_a\_t\_r\_e\_s\_e\_f\_s\_u\_n\_t\_a\_n\_l\_o\_t\_i\_o\_n-w\_a\_d\_n\_e\_t\_s\_u\_n\_n\_e\_g\_h\_o\_f\_t. A\_p\_p\_r\_o\_x\_i\_m\_a\_t\_e\_l\_y,w\_e\_a\_r\_e\_s\_k\_e\_m\_p\_i\_n\_g\_a\_n\_h\_o\_w\_m\_e\_c\_h\_l\_o\_t\_i\_o\_n\_w\_e\_a\_p\_p\_l\_y\_t\_h\_a\_t\_r\_i\_s\_k\_e\_n. P\_r\_o\_f\_e\_s\_s\_o\_r\_A\_n\_t\_h\_o\_n\_y\_Y\_o\_u\_n\_g\_s\_a\_d\_m\_o\_s\_t\_p\_e\_o\_p\_l\_e\_a\_p\_p\_l\_y\_l\_o\_t\_i\_o\_n\_t\_o\_o\_n\_l\_y\_a\_n\_d\_o\_n\_l\_y\_d\_o\_n't\_s\_p\_r\_e\_d\_t\_h\_a\_t\_o\_n\_r\_e\_s\_e\_f\_t\_h\_e\_s\_k\_e\_n\_t\_h\_a\_t\_r\_e\_t\_r\_i\_s\_k\_e\_n. H\_o\_s\_a\_d\_m\_o\_s\_t\_p\_e\_o\_p\_l\_e\_o\_n\_l\_y\_g\_e\_t\_4\_0\_p\_e\_r\_c\_e\_n\_t\_o\_f\_t\_h\_e\_x\_p\_e\_c\_t\_e\_d\_p\_r\_o\_t\_e\_c\_t\_i\_o\_n\_f\_r\_o\_m\_S\_P\_F\_5\_0\_l\_o\_t\_i\_o\_n\_b\_e\_c\_a\_u\_s\_e\_t\_h\_a\_t\_h\_e\_y\_a\_r\_e\_a\_p\_p\_l\_y\_i\_n\_g\_i\_t\_t\_o\_o\_n\_l\_y. P\_e\_o\_p\_l\_e\_n\_e\_e\_d\_t\_o\_a\_p\_p\_l\_y\_i\_t\_l\_e\_s\_t\_s\_e\_x\_t\_o\_s\_p\_a\_n\_s(3\_6\_g) t\_o\_c\_o\_v\_e\_r\_t\_h\_e\_i\_r\_b\_o\_d\_y. D\_o\_c\_t\_o\_r\_s\_s\_a\_y\_w\_e\_n\_e\_e\_d\_t\_h\_a\_t\_s\_u\_n\_m\_o\_r\_e\_t\_h\_a\_n\_h\_a\_l\_f\_o\_f\_t\_h\_e\_s\_p\_a\_n\_t\_o\_c\_o\_v\_e\_r\_t\_h\_e\_f\_a\_c\_e\_n\_c\_k\_e\_n\_d\_o\_n's. T\_h\_e\_y\_w\_a\_r\_n\_e\_d\_s\_u\_n\_t\_o\_f\_r\_e\_g\_e\_t\_t\_h\_e\_p\_o\_t\_e\_n\_t\_i\_o\_n\_o\_n\_o\_n\_l\_y\_r\_e\_s, w\_h\_i\_c\_h\_w\_e\_a\_f\_t\_e\_n\_n\_e\_g\_l\_e\_c\_t\_a\_n\_d\_a\_r\_e\_p\_r\_o\_t\_e\_c\_t\_i\_o\_n\_l\_y\_p\_r\_o\_n\_t\_b\_e\_r\_n\_i\_n\_g.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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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 recordbreaking and deadly heatwaves japan has declared its heatwave a natural disaster as at least 80 people have died from heatrelated 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 suns 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

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1807/180727-suntan-lotion.html>

Doctors are warning people to use suntan lotion correctly or risk serious burns and 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 doctor 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 percent 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.







# 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 out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. SUNTAN LOTION:** Make a poster about suntan lotion. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. SUN TAN:** Write a magazine article about sun tans and how we should avoid getting them. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on suntan lotion. Ask him/her three questions about it. Give him/her three of your ideas on how we can protect ourselves from the sun. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. c    2. d    3. a    4. e    5. f    6. b    7. g  
8. i    9. l    10. n    11. j    12. h    13. k    14. m

## TRUE / FALSE (p.5)

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

## SYNONYM MATCH (p.5)

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

## COMPREHENSION QUESTIONS (p.9)

1. Their skin
2. The northern hemisphere
3. Half
4. 15
5. 30 to 50
6. Not putting enough lotion on
7. Too thinly
8. At least six
9. Over half a teaspoon
10. Our ears

## WORDS IN THE RIGHT ORDER (p.20)

1. Doctors are warning people to use suntan lotion correctly.
2. Japan has declared its heatwave a natural disaster.
3. People are getting less than half the protection.
4. Many people wrongly believe SPF 15 is sufficient.
5. Researchers say people need to use SPF 30.
6. Another problem related to our use of lotion.
7. How much lotion we apply to our skin.
8. Areas of the skin that are at risk.
9. People need to apply at least six teaspoons.
10. Forget to put lotion on our ears.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. a    4. c    5. b    6. a    7. c    8. a    9. a    10. d

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)