

Sunny Crossword *Supplemental*

DIRECTIONS

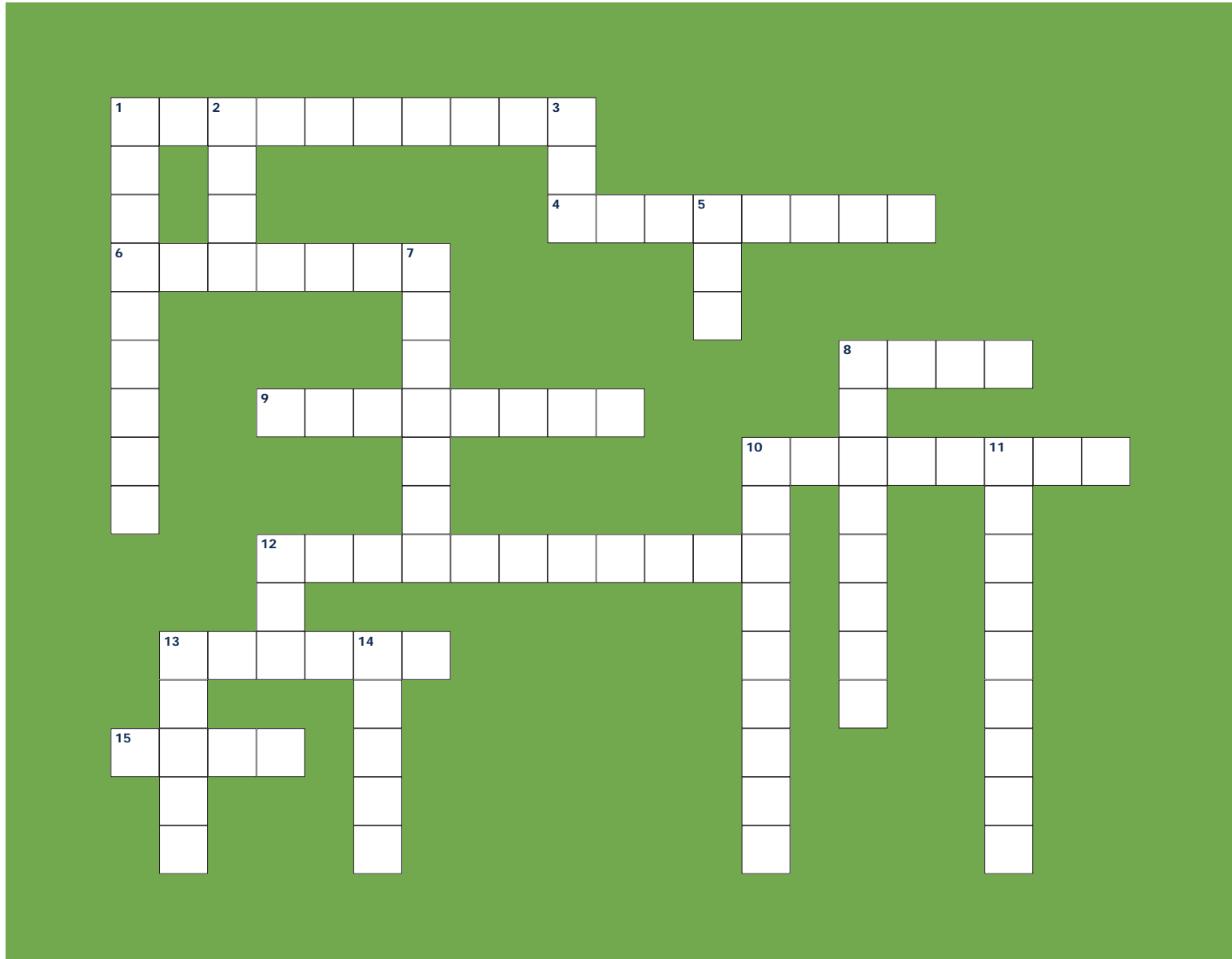
Answer the questions and fill in the crossword puzzle with the answers.

Across

- 1 The right type of these will block almost 100% of the UV radiation that can cause damage to your eyes.
- 4 Small, brownish spots on the skin that can increase in number with exposure to sunlight.
- 6 NEEF school program that promotes sun safety.
- 8 A _____ brimmed hat will protect your face, neck, and ears.
- 9 The most serious form of skin cancer.
- 10 _____ are most at risk for overexposure to UV radiation because their young skin is thinner and more easily damaged.
- 12 UV is an acronym for _____.
- 13 If your _____ is shorter than you are when you're outside, it's time to seek shade.
- 15 Everyone is affected by UV radiation. Skin color doesn't exclude anyone from its effects, but if you have _____ skin you are at higher risk for skin cancer.

Down

- 1 Use this with at least broad spectrum SPF 30, and apply properly to protect against skin damage.
- 2 The time the sun is at its highest, which means its rays have less distance to travel through the atmosphere and the intensity is greatest.
- 3 Initials for sun protection factor.
- 5 Abbreviation for chlorofluorocarbon, one of the chemicals that destroys the fragile ozone layer.
- 7 The sun's rays are stronger at high altitudes and closer to the _____.
- 8 Overexposure to the sun can cause skin cancer, eye damage, and _____.
- 10 Eye damage that occurs when there is a loss of transparency in the lens, which clouds your vision.
- 11 It is UV _____, not the warmth or the brightness of the sun that causes damage to our skin.
- 12 This type of radiation is not absorbed by the ozone layer and can cause a lot of damage to our bodies.
- 13 You can find protection from the sun's UV rays under the _____ of trees and umbrellas.
- 14 A gas found in two layers of the atmosphere with the same chemical structure; it is bad at ground level and good high above the earth.



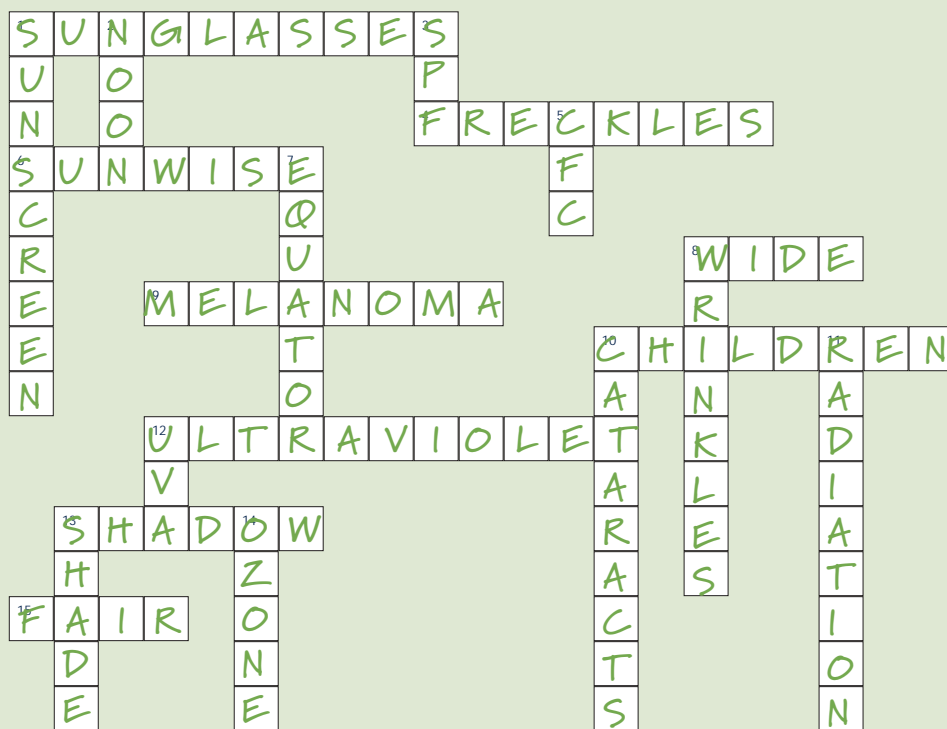
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ESTIMATED TIME

10-15 minutes

LEARNING OBJECTIVE

This activity promotes the idea of protection from overexposure to the sun. Students will learn about the adverse health effects of UV radiation and how to avoid them.



CLUES AND ANSWERS

Across

- The right type of these will block almost 100% of the UV radiation that can cause damage to your eyes. (*Sunglasses*)
- Small, brownish spots on the skin that can increase in number with exposure to sunlight. (*Freckles*)
- NEEF school program that promotes sun safety. (*SunWise*)
- A _____ brimmed hat will protect your face, neck, and ears. (*Wide*)
- The most serious form of skin cancer. (*Melanoma*)
- _____ are most at risk for overexposure to UV radiation because their young skin is thinner and more easily damaged. (*Children*)
- UV is an acronym for _____. (*Ultraviolet*)
- If your _____ is shorter than you are when you're outside, it's time to seek shade. (*Shadow*)
- Everyone is affected by UV radiation. Skin color doesn't exclude anyone from its effects, but if you have _____ skin you are at higher risk for skin cancer. (*Fair*)

Down

- Use this with at least broad spectrum SPF 30, and apply properly to protect against skin damage. (*Sunscreen*)
- The time the sun is at its highest, which means its rays have less distance to travel through the atmosphere and the intensity is greatest. (*Noon*)
- Initials for sun protection factor. (*SPF*)
- Abbreviation for chlorofluorocarbon, one of the chemicals that destroys the fragile ozone layer. (*CFC*)
- The sun's rays are stronger at high altitudes and closer to the _____. (*Equator*)
- Overexposure to the sun can cause skin cancer, eye damage, and _____. (*Wrinkles*)
- Eye damage that occurs when there is a loss of transparency in the lens, which clouds your vision. (*Cataracts*)
- It is UV _____, not the warmth or the brightness of the sun, that causes damage to our skin. (*Radiation*)
- This type of radiation is not absorbed by the ozone layer and can cause a lot of damage to our bodies. (*UVA*)
- You can find protection from the sun's UV rays under the _____ of trees and umbrellas. (*Shade*)
- A gas found in two layers of the atmosphere with the same chemical structure; it is bad at ground level and good high above the earth. (*Ozone*)