



SUN SENSIBLE QUIZ

Here's a simple quiz for the whole class to enjoy, all about the sun and being sun sensible:

1. When are the sun's rays strongest?

- 1pm to 5pm
- 10am to 2pm
- 11am to 3pm
- 3pm to 6pm

2. The sun, its planets and all the objects moving around them are collectively called what?

- The Sun System
- The Solar System
- The Space System
- The Shade System

3. What can stop you getting thirsty in hot weather?

- Wearing sun cream
- Exercising
- Eating a meal
- Drinking lots of water

4. How many minutes does it take for light from the sun to reach the Earth?

- 30 seconds
- 8 minutes
- 22 hours
- 3 days

5. Which of these are most prone to getting sunburnt?¹

- Feet
- Hands
- Shoulders
- Tummy

6. Why do children get sunburnt more easily than adults?²

- They are outside more
- They have thinner skin
- They are younger
- They sweat more

7. What's the safest sort of suntan?

- One you get on holiday
- One from a sunbed
- One from lying in the sun for hours
- A fake tan

8. How regularly should you apply sun cream?

- Once a day
- Every two hours
- Every five minutes
- Once a week

9. What's the hottest recorded temperature in the UK?

- 13.5° Celsius
- 109° Celsius
- 38.5° Celsius
- 2.6° Celsius

10. To protect your skin from the sun, you should...

- Wear a T-shirt
- Apply sunscreen
- Stay in the shade
- All of the above!

SUN SENSIBLE QUIZ ANSWERS

1. 11am to 3pm
2. The Solar System
3. Drinking lots of water
4. 8 minutes
5. Shoulders¹
6. They have thinner skin²
7. A fake tan
8. Every two hours
9. 38.5° Celsius
10. All of the above!

1. SunSmart campaign – Cancer Research UK <http://www.sunsmart.org.uk>
Accessed 02/13.

2. Children's skin is more susceptible to sunburn – Thinner & more sensitive than adults – World Health Organisation – What are simple steps for sun protection? Accessed 9/12/11. <http://www.who.int/features/qa/40/en/>



FIND OUT MORE ABOUT BEING SUN SENSIBLE AT WWW.SUNSENSE.CO.UK