

# The importance of using sunscreen – reading tasks

Name \_\_\_\_\_ Date \_\_\_\_\_

## Text 'A'

### Katie's story: sunscreen could have stopped me getting skin cancer

Source: <http://www.bbc.co.uk/newsbeat/article/36226262/katies-story-sunscreen-could-have-stopped-me-getting-skin-cancer>



**Katie Miller isn't what you'd call a "sun worshipper". She doesn't spend days on the beach or use tanning booths.**

When she was diagnosed with skin cancer last year, doctors blamed it on sun exposure.

"It was terrifying, and it all happened quite quickly," says the 25-year-old.

"I'd just got back from a holiday with my sister and it was only about six days after I got back that I was in hospital and having my operation."

Like Katie, almost two thirds of people aged 13 to 24 have avoided using sunscreen to try to get a better tan, according to the Teenage Cancer Trust.

"I noticed a spot had appeared on my leg, something that hadn't been there before. And over a few months it got bigger and darker, so I decided to go to the doctors to get it checked and they referred me to the hospital. Unfortunately in September last year I found out it was malignant melanoma," explains the secondary school teacher.

Katie had the mole removed, and since then the cancer hasn't reappeared. But not everyone's so lucky.

Skin cancer is the second most common cancer among 15 to 34-year-olds.

More than two people in this age group are diagnosed every day in the UK, according to Cancer Research UK.

Katie says she didn't spend a lot of time in the sun, but skimped on the sunscreen because she thought it'd stop her getting bronzed.

"I was led to believe, through my own imagination really, that putting sun cream on wouldn't get me as good of a tan.

"But I've now realised that isn't the case and you can get a tan while still protecting yourself with sun cream."

Experts recommend applying sunscreen 30 minutes before you go out in the sun, and reapplying every two hours.

"It's not just using sunscreen but it's using it in the right way," explains Dr Nisith Sheth from the British Skin Foundation.

"The vast majority of people never use enough."

With most branded sunscreens costing over £10 a bottle, Nisith thinks cost is another factor putting people off.

But he says most products contain the same ingredients, regardless of price.

"The thing you should be looking for is the sun protection factor and the star rating," he explains.

You can find these on the front of every bottle - the higher the rating, the better protection it offers from harmful UVA and UVB rays.

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## Text 'B'

### Skin cancer warning: Builders told to 'cover up'

Source: <http://www.bbc.co.uk/newsbeat/article/14222009/skin-cancer-warning-builders-told-to-cover-up>

**Builders are being warned to 'cover up' when they are on the job to guard against skin cancer.**

Researchers at Manchester University found some construction workers are nine times more likely to get the disease than people doing other jobs.

It's because they spend so long outside and are exposed to ultraviolet rays bouncing off surfaces.

The research found that young builders were less likely to wear a shirt.

The Society of Occupational Medicine, which looks at issues around illness at work, wants builders to wear long-sleeved shirts and sun cream.

Society chairman Dr Henry Goodall said:

"Neglecting to cover up under the hot sun can be just as dangerous as forgetting to wear a hard hat."

"We need to send a clear message that the days of the topless builder are over."

Newsbeat has been speaking to people on a building site in Bedford, where staff are not allowed to go topless.



#### Daniel Doyle

Daniel Doyle, 28, says he always uses sun cream.

He told Newsbeat: "We have to. It's the rules. But I've worked on building sites where they don't bother with things like that."

"I'd always put suntan cream on anyway if I take my top off because I'm like a milk bottle."



#### Sean Watson

Sean Watson admits getting a tan is one of the perks of the job.

He said: "I like a bit of colour, like most people."

"If you're out in the sun, you might as well enjoy it, because with the hours we work you don't get much other time to enjoy it."

"I put cream on my arms because I burn easily. There are definitely some people who should use it, but don't."

#### James Mullan



James Mullan, 35, is in charge of dishing out sun cream.

He said: "I get people coming up to me asking if I've got any, so they're quite aware here."

He's surprised by the skin cancer figures: "I suppose people are too busy getting on with their jobs so they don't think about it, but it is important."

# The importance of using sunscreen – reading tasks

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You will need to read Text 'A' in order to complete questions 1-12.

1. The main purpose of text 'A' is:

A	to tell you what to expect if you get heat stroke.	
B	to persuade you to use a sun screen.	
C	to warn you about the dangers of not using a sun cream.	
D	to inform you about the best brand of sun screen.	

2. According to Text 'A', Katie Miller isn't what you'd call a "sun worshipper". This means that:

A	Katie likes to spend a lot of time soaking up the sun.	
B	Katie does not spend a lot of time trying to get a tan.	
C	Katie likes to go to church.	
D	Katie prefers cold weather.	

3. According to Text 'A', which one of these statements is true?

A	Almost a quarter of people aged 13 to 24 have avoided using sunscreen to try to get a better tan.	
B	Almost half of people aged 13 to 24 have avoided using sunscreen to try to get a better tan.	
C	Almost two thirds of people aged 13 to 24 have avoided using sunscreen to try to get a better tan.	
D	Almost all people aged 13 to 24 have avoided using sunscreen to try to get a better tan.	

4. What was terrifying for Katie? Why?

i) \_\_\_\_\_

ii) \_\_\_\_\_

5. List two presentation features of Text A. How does each help you understand the text?

i) \_\_\_\_\_

ii) \_\_\_\_\_

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6. How old was Katie when she noticed an unusual spot on her leg? What did she do?

What happened then?

i) \_\_\_\_\_

ii) \_\_\_\_\_

\_\_\_\_\_

iii) \_\_\_\_\_

\_\_\_\_\_

7. True or False? Skin cancer is the most common cancer among 15 – 34 year-olds.

\_\_\_\_\_

8. Why did Katie 'skimp' on the sunscreen?

\_\_\_\_\_

\_\_\_\_\_

9. What do experts recommend about applying sunscreen? How frequently should you re-apply it?

i) \_\_\_\_\_

ii) \_\_\_\_\_

10. Does text 'A' infer that you should buy expensive brands of sunscreen?

\_\_\_\_\_

11. Using text 'A', what two things should you look for when buying sunscreen?

\_\_\_\_\_

12. Use a dictionary or thesaurus to find a word with the opposite meaning of 'malignant'.

\_\_\_\_\_

# The importance of using sunscreen – reading tasks

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**You will need to read Text 'B' in order to complete questions**

13. The main purpose of text 'B' is:

A	to tell builders to 'cover up'	
B	to persuade you not to use a sunscreen	
C	to warn you about the dangers of using a sun cream	
D	to inform you about the best brand of sun screen	

14. True or False? Research has shown that some construction workers are nine times more likely to get skin cancer than people doing other jobs? Why?

i) \_\_\_\_\_

ii) \_\_\_\_\_

15. What "can be just as dangerous as 'forgetting to wear a hard hat'"?

\_\_\_\_\_

16. Give one reason why Daniel Doyle uses sunscreen:

\_\_\_\_\_

17. Why does Sean Watson think that 'getting a tan is one of the perks of the job'?

\_\_\_\_\_

18. Why does Sean Watson put sunscreen on his arms?

\_\_\_\_\_

19. Who is in charge of supplying sunscreen to the construction workers on site in Bedford?

\_\_\_\_\_

20. How can James Mullan tell that his colleagues are becoming more aware of the risks of not using a sunscreen?

\_\_\_\_\_

21. What was James Mullan surprised by?

\_\_\_\_\_

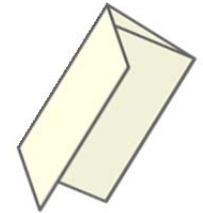
# The importance of using sunscreen – writing task

Name \_\_\_\_\_ Date \_\_\_\_\_

## Writing Task

Write a leaflet giving advice to young people about using sun cream.

- Visit <http://www.britishskinfoundation.org.uk/SkinInformation/SkinCancer.aspx> (or another reliable site).
- Include some direct quotes from this site in your leaflet.
- Remember to write in sentences, using accurate grammar, punctuation and spelling.
- Plan your work below then write your final version on a computer or a separate sheet of paper.



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# The importance of using sunscreen

## Answers & curriculum mapping

### Functional Skills L1-L2 English mapping

Coverage and range statements provide an indication of the type of content candidates are expected to apply in functional contexts. Relevant content can also be drawn from equivalent (school) National Curriculum levels and the Adult Literacy standards.

✓ indicates the main coverage and range skills that are (or can be) covered in this resource. However, these will vary with the student group and how the resource is used by the teacher. **Reference:** Ofqual (2009), *Functional Skills criteria for English: Entry 1, Entry 2, Entry 3, level 1 and level 2*. <http://www.ofqual.gov.uk/>

#### Level 1 Reading

**Skill standard (SS):** Read and understand a range of straightforward texts

##### Coverage and range statements

- a) Identify the main points and ideas and how they are presented in a variety of texts ✓
- b) Read and understand texts in detail ✓
- c) Utilise information contained in texts ✓
- d) Identify suitable responses to texts ✓

#### Level 1 Writing

**(SS):** Write a range of texts to communicate information, ideas and opinions, using formats and styles suitable for their purpose and audience

- a) Write clearly and coherently, including an appropriate level of detail ✓
- b) Present information in a logical sequence ✓
- c) Use language, format and structure suitable for purpose and audience ✓
- d) Use correct grammar, including correct and consistent use of tense ✓
- e) Ensure written work includes generally accurate punctuation / spelling and that meaning is clear ✓

#### Level 1 Speaking, Listening and Communication

**(SS):** Take full part in formal and informal discussions and exchanges that include unfamiliar subjects

- a) Make relevant and extended contributions to discussions, allowing for and responding to others' input
- b) Prepare for and contribute to the formal discussion of ideas and opinions
- c) Make different kinds of contributions to discussions
- f) Present information/points of view clearly and in appropriate language

#### Level 2 Reading

**(SS):** Select, read, understand and compare texts and use them to gather information, ideas, arguments and opinions

- a) Select and use different types of texts to obtain and utilise relevant information ✓
- b) Read and summarise, succinctly, information/ideas from different sources ✓
- c) Identify the purposes of texts and comment on how meaning is conveyed ✓
- d) Detect point of view, implicit meaning and/or bias ✓
- e) Analyse texts in relation to audience needs and consider suitable responses

#### Level 2 Writing

**(SS):** Write a range of texts, including extended written documents, communicating information, ideas and opinions, effectively and persuasively

- a) Present information on complex subjects clearly and concisely ✓
- b) Present information/ideas concisely, logically, and persuasively ✓
- c) Use a range of writing styles for different purposes ✓
- d) Use a range of sentence structures, including complex sentences, and paragraphs to organise written communication effectively ✓
- e) Punctuate written text using commas, apostrophes and inverted commas accurately ✓
- f) Ensure written work is fit for purpose and audience, with accurate spelling and grammar that supports clear meaning ✓

#### Level 2 Speaking, Listening and Communication

**(SS):** Make a range of contributions to discussions in a range of contexts, including those that are unfamiliar, and make effective presentations

- a) Consider complex information and give a relevant, cogent response in appropriate language
- b) Present information and ideas clearly and persuasively to others
- c) Adapt contributions to suit audience, purpose and situation
- d) Make significant contributions to discussions, taking a range of roles and helping to move discussion forward

\* This resource also covers many adult literacy curriculum <http://www.excellencegateway.org.uk/content/etf1286> elements.

# The importance of using sunscreen

## Answers & curriculum mapping

**NOTE: Some answers are suggestions or examples only. Other answers are possible. Check with your tutor.**

### TEXT A

1. The main purpose of text 'A' is: **C to warn you about the dangers of not using a sun cream.**
2. According to Text 'A', Katie Miller isn't what you'd call a "sun worshipper". This means that:  
**B Katie does not spend a lot of time trying to get a tan.**
3. According to Text 'A', which one of these statements is true?  
**C Almost two thirds of people aged 13 to 24 have avoided using sunscreen to try to get a better tan.**
4. What was terrifying for Katie? Why?  
**Being diagnosed with skin cancer. Because the diagnosis happened very quickly.**
5. List two presentation features of Text A. How does each help you understand the text?  
**Large and/or bold font – draws your attention to the title (see below) / initial introductory paragraph**  
**Title / headline – tells you what the text is about.**  
**Picture / image / photograph – makes the text more appealing and adds interest / gives you clues / relates to what or who the text is about. Do not accept "Pictures tell you what the text is about".**
6. How old was Katie when she noticed an unusual spot on her leg? What did she do? What happened then?  
**Age 24. Went to doctor / got diagnosis. Within 6 days was in hospital having operation.**
7. True or False? Skin cancer is the most common cancer among 15 – 34 year-olds. **False**
8. Why did Katie 'skimp' on the sunscreen? **She thought that if she used sun cream her tan wouldn't be as good.**
9. What do experts recommend about applying sunscreen? How frequently should you re-apply it?  
**Apply a generous amount 30 minutes before going out in the sun. Re-apply every 2 hours.**
10. Does text 'A' infer that you should buy expensive brands of sunscreen? **No**
11. Using text 'A', what two things should you look for when buying sunscreen? **SPF and star rating**
12. Use a dictionary or thesaurus to find a word with the opposite meaning of 'malignant'. **Benign**

### TEXT B

13. The main purpose of text 'B' is: **A - to tell builders to 'cover up'.**
14. True or False? Research has shown that some construction workers are nine times more likely to get skin cancer than people doing other jobs? Why?  
**True. Because they spend a lot of time outside and they are also exposed to UV rays bouncing off surfaces.**
15. What 'can be just as dangerous as forgetting to wear a hard hat'? **Covering up the body / not going topless.**
16. Give one reason why Daniel Doyle uses sunscreen: **It's the rule / He has pale skin.**
17. Why does Sean Watson think that 'getting a tan is one of the perks of the job'?  
**He enjoys getting a tan / being in the sun.**
18. Why does Sean Watson put sunscreen on his arms? **Because he burns easily**
19. Who is in charge of supplying sunscreen to the construction workers on site in Bedford? **James Mullan**
20. How can James Mullan tell that his colleagues are becoming more aware of the risks of not using a sunscreen?  
**Because people come up and ask him for sun cream.**
21. What was James Mullan surprised by?  
**The skin cancer figures (i.e. that some construction workers are nine times as likely to get skin cancer)**

### WRITING

**Check with your tutor that you have covered all the Functional Skills writing criteria at Level 1 (or Level 2)  
– see page 7 of this resource for details.**