

Senior Immigrant Settlement Services English Conversation Circle



MATCH THE DEFINITIONS - draw a line

- 1. Broad SpectrumA. Tells you if it is effective for 40 or 80 minutes
when swimming or sweating
- 2. SPF 30 B. What chemicals are used?
- 3. Water Resistant C. Always put it on again after 2 hours.
- 4. Daily or Active Use D. Protects against UVA & UVB
- 5. Drug Facts E. Is it for every day or for active use?



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Worksheet: How to read a Sunscreen Label

SUNSCREEN BASICS	Write in the word that matches the number	
SUL	1.	Broad Spectrum
SPF 30 BROAD SPECTRUM	2.	SPF
3 Sunscreen	3.	Water Resistant (time)
WATER-RESISTANT (80 Minutes) 5 Drug Facts	4.	Active or Daily Use
4 Active Ingredients	5.	Drug Facts (Ingredients)
MATCH THE DEFINITIONS – draw a line		
1. Broad Spectrum A. Tells you if it is effective for 40 or 80 minutes when swimming or sweating		
2. SPF 30		

- 3. Water Resistant C. Always put it on again after 2 hours
- 4. Daily of Active Use
- D. Protects against UVA & UVB

5. Drug Facts

E. Is it for every day or for active use?