

Worksheet: How to read a Sunscreen Label



Write in the word that matches the number

1. _____

2. _____

3. _____

4. _____

5. _____

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 | 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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1. Broad Spectrum

2. SPF

3. Water Resistant (time)

4. Active or Daily Use

5. Drug Facts (Ingredients)

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- | | | |
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