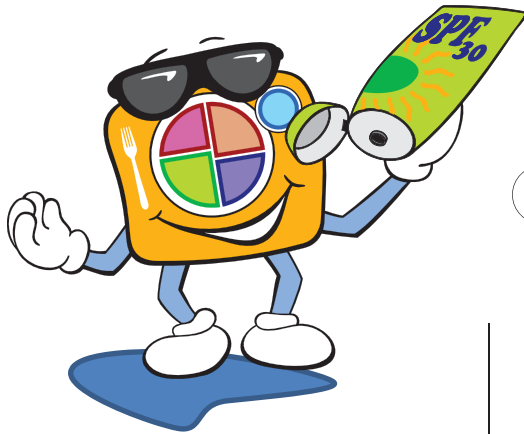


On the Move To Better Health With



Sun Safety



Key points:

Our body includes organs such as our heart and lungs. Can you name the largest organ in your body? (Skin)

Our skin is made of layers. The outer layer that we see is called the "epidermis." Our skin is a "barrier" that protects our body from harmful substances, including chemicals and sun rays. Our skin takes care of us. How can we take care of our skin?

- Eat a healthful diet with lots of colorful fruits and vegetables, plus all the other food groups. We need to feed our skin with enough protein, vitamins and minerals so it can heal properly.
- Eat healthful fats in foods such as salmon, tuna, nuts and seeds.
- Drink plenty of water and other healthful beverages to help keep our skin "hydrated." If our skin is not hydrated, it can crack and not heal very well.
- Get enough physical activity.

Are you doing these things during "On the Move to Better Health"? We hope so!

Now let's talk about the sun. The sun provides heat energy to help plants grow and keep us warm, but too much sun can harm us. The sun's rays are most harmful to our skin between 10 a.m. and 4 p.m., so we want to limit our time outdoors during that time of day. What are some ways to protect our skin? Let's look at your activity sheets.

(Go through activity sheets "Sun Time" and "Match Them Up.")

Let's summarize. Can you help me name some of the tips to protect your skin?

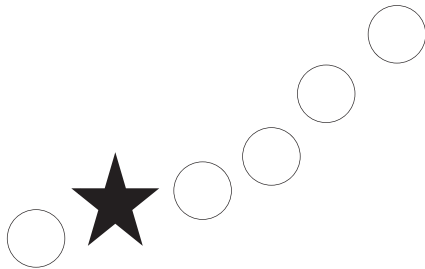
- Eat a healthful diet with a variety of foods.
- Drink plenty of water.
- Stay in the shade as much as possible, especially from 10 a.m. to 4 p.m.
- Wear cover-up clothing.
- Wear a hat with a brim to protect your face/neck.
- Wear ultraviolet protective sunglasses.
- Apply sunscreen that's SPF 30 or higher (SPF stands for sun protection factor).
- Avoid tanning beds and sunlamps.
- Practice sun safety every day, all year long, even in the winter when you play outside.

Preparation/supplies:

Bring copies of activity sheet, bookmarks, sun visors (if available)

Optional supplies

Sunglasses, hat, water bottle, sun screen, food models to illustrate promoting healthy skin



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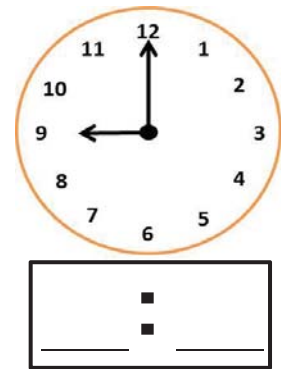
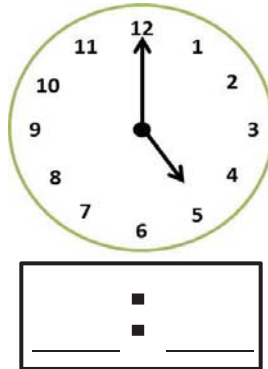
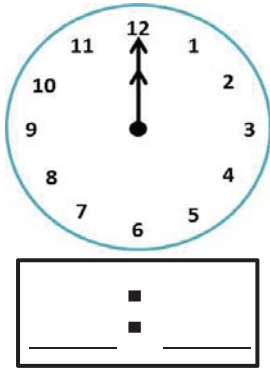
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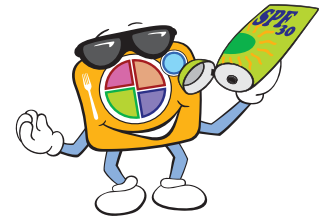
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On the Move To Better Health With Sun Safety

UV rays are invisible, burning rays from the sun. The UV rays are the strongest between 10:00 a.m. and 4:00 p.m. Write the digital time below each of the clocks. Put an X on the clock that shows when the sun's UV rays are the strongest.



Stay in the shade during the sunniest part of the day!



Unscramble!

- lsgaenssus _____
- tsha _____
- pli mabl _____
- runnsesec _____
- rnunbsu _____
- eesy _____
- plis _____
- ceaf _____

Draw a line between the objects that go together



On the Move To Better Health With Sun Safety

Dear Parents,

During an “On the Move to Better Health” lesson at school, your child learned about nourishing and protecting his/her skin. We know you do all you can to protect your child. Please remember that sunburns are injuries, too, and can affect your child’s health several years down the road.

Children can assume some responsibility for their own health and establish lifetime habits. Add a container of sunscreen to their gym bag to use during outdoor sports or play. Consider these ways to protect your child from damaging sun rays:

- Apply UVA/UVB sunscreen with SPF 30 or greater.
- Use UVA/UVB lip balm with SPF 30 or greater. Lips are more sensitive than other parts of the skin.
- Wear a hat, shirt and other protective clothing.
- Wear sunglasses that block UVA and UVB rays.



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Why encourage children and adults to protect themselves from the sun?

- Just one severe sunburn doubles your risk of developing skin cancer.
- Skin cancer is the most common type of cancer in the U.S. and is being diagnosed at younger ages.
- UV rays cause deep damage that leads to deep wrinkles in later years.

Sun Safety is Never Out of Season

The sun’s harmful UV rays reflect off water, snow and sand, and even reach the Earth’s surface on cloudy days. Remember these tips to protect skin exposed to sunlight:

- Apply sunscreen 15 to 30 minutes before sun exposure.
- Reapply sunscreen every two hours or after swimming or perspiring heavily.
- Use, at a minimum, 1 ounce of sunscreen during every application.
- Seek shade during the time when the sun’s rays are at their strongest (10 a.m. to 4 p.m.)
- Avoid tanning beds. The UV rays from these beds greatly increase your risk of developing skin cancer.

On Your Mark, Get Set, Set a Goal!

Our Family’s Sun Safety Goal(s):

More Information

Learn more about nutrition, fitness and health at www.ndsu.edu/eatsmart.

Become a friend on Facebook to receive regular health tips.

Source: Adapted from material on the North Dakota Cancer Coalition Skin Cancer

Awareness website at www.ndcancercoalition.org/

