

Reading Task 1:

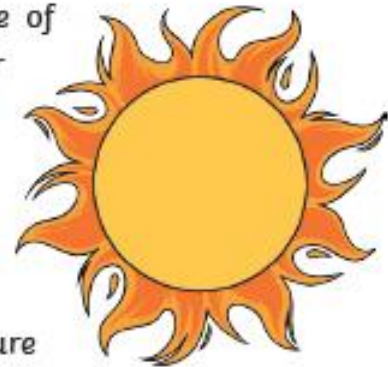
Learning Objective: We are learning to comprehend what we read.

We all need some sun exposure - it's the top source of Vitamin D, which helps our bodies absorb calcium for stronger, healthier bones.

However, repeated, unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage and skin cancer.

Most children get much of their lifetime sun exposure before age 18, so it's important for parents to teach them how to enjoy fun in the sun safely.

Taking the right precautions is very important when protecting your skin.



Sun Exposure

The sun radiates light to the earth, and part of that light consists of invisible UV rays. When these rays reach the skin, they cause tanning, burning, and other skin damage. Sunlight contains three types of ultraviolet rays: **UVA**, **UVB** and **UVC**:

- **UVA** rays cause skin aging and contribute to skin cancer. Because UVA rays pass effortlessly through the ozone layer (the protective layer of the atmosphere, or shield, surrounding the earth), they make up the majority of our sun exposure.
- **UVB** rays are also dangerous, causing sunburns and eye damage (cataracts). They also contribute to skin cancer. Melanoma, the most dangerous form of skin cancer, is associated with severe UVB sunburns that occur before the age of 20. Most UVB rays are absorbed by the ozone layer, but enough of these rays pass through to cause serious damage.
- **UVC** rays are the most dangerous, but fortunately, these are blocked by the ozone layer and don't reach the earth.



Melanin: The Body's First Line of Defense

UV rays react with a chemical called melanin that's found in skin. Melanin absorbs dangerous UV rays before they cause skin damage. The lighter someone's natural skin colour, the less melanin it has and the darker a person's natural skin colour, the more melanin it has to protect itself.

As the melanin increases in response to sun exposure, the skin tans. Those who are regularly exposed to the sun are at a much greater risk. Sunburn develops when the amount of UV exposure is greater than what can be protected against by the skin's melanin.

Avoid the Strongest Rays of the Day

Seek shade when the sun is at its strongest (usually from 10am to 4pm). If you are in the sun during this time, be sure to apply and reapply sunscreen. Most sun damage occurs as a result of incidental exposure during day-to-day activities, not sunbathing! Even on cloudy, cool or overcast days, UV rays travel through the clouds. Clouds don't filter out UV rays and this 'invisible sun' can cause unexpected sunburn and skin damage. People are often unaware that they're developing sunburn on cooler or windy days because the temperature or breeze keeps skin feeling cool.

Cover Up	Use Sunscreen	Use Protective Eyewear
One of the best ways to protect yourself from the sun is to cover up and shield skin from UV rays. Be sure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see it through them. Babies under 6 months should be kept out of the sun.	Select an SPF of 30 or higher to prevent sunburn and tanning, both of which are signs of skin damage. Choose a sunscreen that protects against UVA and UVB rays. For sunscreen to do its job, it must be applied correctly. So be sure to: <ul data-bbox="587 1541 1040 1823" style="list-style-type: none">• Apply sunscreen whenever you are in the sun and reapply often (every 2 hours).• Apply a water-resistant sunscreen around water or when swimming.	Sun exposure damages the eyes as well as the skin. The best way to protect eyes is to wear sunglasses. Not all sunglasses provide the same level of ultraviolet protection; Purchase sunglasses with labels ensuring that they provide 100% UV protection.

1. How does Vitamin D help our bodies?

2. What are the three types of ultraviolet rays which radiate from the sun? Which is the least dangerous and which is the most dangerous?

3. How does the ozone layer work to protect us from the sun's rays?

4. How does melanin protect the skin?

5. Why does sunburn happen?

6. When is the sun at its strongest?

7. True or false: Clouds filter out UV rays.

8. What is meant by 'invisible sun'?

9. What precautions should parents of babies take?

10. Why is it important to reduce 'tanning'?

11. True or false: Sunscreen should protect against UVC rays.

12. What should you look for when purchasing sunglasses?

Reading Task 2:

Learning Objective: We are learning to comprehend what we read.

ROALD DAHL

Roald Dahl was born on 13th September 1916 in Llandaff, Wales. His parents were from Norway. He had an older sister called Astri, but in 1920, she died when she was only 7 years old. Roald's father was so sad that he fell ill from pneumonia. A few weeks later, he also died.



His mother was a great story teller and had a fabulous memory. Roald remembered many tales she told about trolls and other mythical Norwegian characters.

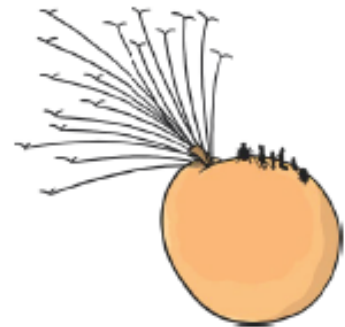
Although Roald had a happy home life, he had an unhappy time at his school in Wales, and was often 'caned' for bad behaviour. His mother sent him to boarding school in Weston-Super-Mare. He was just nine years old when he arrived at St. Peters School and met the all-powerful Matron who "disliked small boys very much indeed" and the cane-wielding Headmaster.



At the age of 13, Roald attended Repton Public School in Derbyshire. He was happier here. He was brilliant at sports and was very good at boxing. The boys at the school were sometimes asked to be chocolate testers for a famous chocolate company and this experience later inspired the book 'Charlie and the Chocolate Factory'.

Over the next few years, Roald Dahl worked in Africa for an oil company and then enlisted in the Royal Air Force during the Second World War.

In 1940, Roald Dahl was posted to Libya where he flew a Gloster Gladiator plane. He crashed in the Western Desert in North Africa, and suffered such severe injuries to his head and back that he had to stay in hospital in Egypt for six months. He returned to the RAF but, after a while, he began suffering terrible headaches from his accident. This meant he had to leave because he could not fly planes anymore.





In 1942, Roald was posted to Washington in the USA to work as an assistant air attaché. He met the author C.S. Forester, who suggested that Roald should write about his experiences flying planes in the desert. Roald started writing articles for newspapers.

He met and married actress Patricia Neal. They lived in Great Missenden in Buckinghamshire, England. He wrote many of his famous stories there. Roald Dahl and Patricia Neal had five children; Olivia, Tessa, Theo, Ophelia and Lucy. However, Olivia tragically died at the age of 7 from an illness.

Roald Dahl started telling his amazing stories to his children at bedtime. He realised how much his own children enjoyed his stories and decided to write them down for all children to enjoy. 'James and the Giant Peach' was his first published children's book.

Roald Dahl had a great talent for seeing the world through children's eyes. He said, "If you want to remember what it's like to live in a child's world, you've got to get down on your hands and knees and live like that for a week. You'll find you have to look up at all these giants around you who are always telling you what to do and what not to do."

He had a passion for encouraging children to read. He believed that children should be "comfortable with a book, not daunted. Books shouldn't be daunting, they should be funny, exciting and wonderful; and learning to be a reader gives a terrific advantage."



1. How old was Roald's sister when she died?

2. What made Roald's mother a good storyteller?

3. Do you think Roald would have liked the Headmaster? Explain your reasons.

4. What sport was he good at?

5. What do you think the boys thought about being chocolate testers?

6. Explain why he had to leave the RAF.

7. How did Roald start writing children's stories?

8. What word did Roald Dahl use to describe how children saw adults around them?

9. What did Dahl believe books should be?

10. Why did Roald Dahl think learning to read was a good thing?

Reading Task 3:

Learning Objective: We are learning to comprehend what we read.

Fossils are preserved remains of animals and plants that lived millions of years ago made in sedimentary rock. Usually when something dies it is eaten or decays and therefore disappears. However, when an animal or plant dies it can get covered over with mud or sand, it can stay there and over a long time, become a fossil.

Dinosaurs

Fossils are essential to understanding about life a long time ago. Without them we would not even know that dinosaurs existed! People who study fossils are called palaeontologists and these are the people who have found out what we now know about dinosaurs. However, this only started 200 years ago, so we've only known about dinosaurs for 200 years!



Did you know?

- 'Sue' is the nickname given to most complete and best preserved Tyrannosaurus Rex specimen ever found.
- The word 'fossil' comes from an old word 'fossilis', meaning 'dug up'.
- Fossils are only found in sedimentary rock.
- The fossils in the pictures are called ammonites. It is the town symbol for Whitby in North Yorkshire. Whitby is good for fossil hunting and long ago, people thought that the ammonites were snakes turned to stone by St. Hilda!

How a Fossil is Made

When a plant or animal dies, their body sinks into mud or is buried by sand. This usually happens on the sea bed. Being buried preserves it from rotting or being eaten by other animals. Whilst it is underground, water and minerals seep into the bones and where the bones and body used to be and make a hard shape. This is squashed under more layers of sand, mud and eventually rock over many, many millions of years. Much later, palaeontologists or fossil hunters may find it as the rock in which it is encased becomes unearthed.

1. What does a palaeontologist study?

2. What is the nickname of the best preserved Tyrannosaurus Rex skeleton?

3. Why do you think fossils are never found in igneous rock?

4. Why do you think that the people of Whitby thought that the ammonites were snakes turned to stone by St. Hilda?

5. Why have we only got fossils to find out about dinosaurs?

6. What does the Latin word 'fossilis' mean?

7. How come the fossilised animals or plants haven't been eaten by other animals?

8. Why did the author use an exclamation mark at the end of the Fossil Facts section?

9. Why aren't there any fossils of cats that lived twenty years ago?

10. In the 'How a Fossil is Made' section, what does the word 'seep' mean?
