



Light

The Sun: Hero or Villain?



Have you ever been told not to look at the sun?
Is the sun good or bad?

The statements below are all things that the sun does.

Do you think each of these effects are helpful or harmful?

Causes sunburn.

Helps people make
Vitamin D.

Provides warmth.

Causes wrinkles.

Helps plants make
food.

Makes people feel
happier.

Damages the
eyes.

Can cause skin
cancer.

Is a source of
light.

The sun emits (gives out) rays of light. We can't see all the types of light that come from the sun. Some of this light is called UV (ultra violet) light.

The visible spectrum is the name for the light that we can see, and is made up of the colours of the rainbow:



Another type of light that the sun emits is called UV light.

UV light is invisible to humans, but we can see and feel its effects.

How can you remember the order of the colours of the spectrum?

Some UV rays are blocked by the o-zone layer, but most of the UV light from the sun reaches us on Earth.

- The amount of UV light that reaches us depends on different things.
- It is stronger at midday and in the summer.
- If there are no clouds there is more UV light.
- It also gets stronger nearer to the Equator.
- The location can make a difference too - water, sand and snow all reflect UV light, making it stronger.

UV light causes sun burn, wrinkles and skin cancer, damages the eyes and can fade the colour of some materials.

Watch this short video about how to protect yourself against the sun's UV rays.

Whilst you are watching make some notes... this will help you in your work in a moment.

<https://www.youtube.com/watch?v=7UWvqNeqX6E>





Task

Design an information campaign to let other people know how to stay safe in the sun.

You could write a letter, create a poster, design a PowerPoint or even create your own video.

Your teacher's would love to see how creative you can be so please email us with what you come up with.