

Potential Integration:
Math

Health
4.PCH.2.2 Summarize habits to care for the skin.

Materials Needed:

- Appendix 1: A set of Truth or Myth cards per group: each column is a set
- A poster labeled: TRUTH and a poster labeled: MYTH
- Proper Skin Care poster or any note-taking tool
- Construction paper
- Markers, crayons and colored pencils, glue, old magazines
- Appendix 2 – Math sheet

Resource:

SunWise curriculum <https://www.neefusa.org/sunwise>

Focus:

To start the discussion, ask students to name some organs in the body. Ask if they know the largest organ in the body and what does it do?

Your skin is the largest organ of the body and it protects our insides, allows us to feel touch and helps regulate our body temperature.

Divide the class into 5 groups. Give each group a set of truth or myth cards: 3 cards per group (1 column). Allow a few minutes for each group to read and discuss cards. After small group discussion, ask each group to share conclusions with whole class. Read the cards and explain why they believe it is a truth or a myth. Ask the class to agree or disagree. Have each group put the cards on the correct poster on a bulletin board or on a white board.

Statement of Objectives:

Our skin has the important job of protecting us, so we need to have healthy habits for taking care of our skin.

Teacher Input:

How can we take good care of our skin? Allow students to brainstorm as many ways as they can think of with the small group. After a few minutes, ask each group to contribute ideas as you write or type answers on a poster or board.

Now play the video from the CDC What You Need to Know About Sun Safety (1:15)

<https://www.youtube.com/watch?v=bKxG31XDbhA>

List should include the following:

- Wash your face and body daily.
- Wash hands often.
- Avoid touching your face and leaning on your hands.
- If you wear glasses, clean them frequently.

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- Keep you hair clean and off your face.
- Use sunscreen with at least SPF of 15.
- Reapply sunscreen often when near water, snow and ice.
- Wear a hat and protective clothing including sunglasses.
- Avoid being in the sun in the middle of the day.
- Avoid tanning beds.
- Eat healthy, well-balanced meals.
- Exercise.
- Get plenty of sleep.
- Drink water!

Assessment:

Give each group a concept map idea. A concept map includes pictures and words or labels to inform and explain. Each group will draw or make a collage of a person engaged in the activity including all the healthy ways to protect their skin. Ex: hats, sunscreen, water bottles, long sleeves, goggles

Some concept map ideas: Going to the beach in July, Playing baseball or softball in May, Hiking on the Blue Ridge Parkway in October, Swimming at the pool in August, Skiing at Sugar Mountain in February

Math extension: The math word problems are all based on sunscreen use.

Closure:

Thank you so much for our great discussions and presentations today. Take good care of your skin so it can take care of you!

TRUTH OR MYTH

People in their 20's can develop skin cancer.	Sun is our primary source of Vitamin D.	Hats are a good way to protect your skin.	The sun is brightest and most damaging between 10 am and 4 pm.	Only people with fair complexion s need to use sunscreen.
Waterproof sunscreen does not have to be re-applied.	Sunscreen is only needed at the beach.	Apply sunscreen 15 to 30 minutes before going outside.	Low SPF on sunscreen allows for a safe tan.	Even on cloudy or overcast days, UV rays can burn your skin.
You should not use sunscreen on children under 6 months.	Anyone with a fair complexion is more likely to have freckles.	Tanning lotion is a good substitute for sunscreen .	Tanning beds are not a safe alternative for the sun.	You need to reapply sunscreen every 2 hours.

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Sunscreen Problems

Solve the following problems. Remember sunscreen is applied every two hours. When you are in water, sunscreen should be re-applied every 80 minutes.

1. Mark, Nicole, Tess, Will and Adam all went to play basketball. They each used the same amount of sunscreen and all together used 12.5 ounces of sunscreen. How many ounces did each person use?
2. Jacob went to the beach and had to reapply his sun block 3 times. How many hours was he at the beach?
3. Tanesha went to the pool for 2 hours and 40 minutes. How many times did she have to reapply her sunscreen?
4. Mrs. Bowman's class is going on a hike at Price Park. She has 19 students in her class. Each student requires 2.4 ounces of sunscreen. If a bottle contains 14 ounces, how many bottles does Mrs. Bowman need to buy to have sunscreen for everyone?