

# IELTS READING- Choosing the correct sunscreen S35GT1



IELTS READING Choosing the Correct sunscreen Reading Practice Test has 10 Questions belongs to the Health & Fitness subject..

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Whatever your age, skin color or skin type, it's essential to select the right protection against the sun's radiation. Many skin cancers are caused by exposure to the sun, which also ages the skin with wrinkles, spots and discoloration. Even on cloudy days, and behind windows, up to eighty per cent of the sun's power can reach the skin.

With so many products on the market, including mineral versus chemical sunscreens and from lotions and sticks to sprays, selecting the one that works best for you can be a bit challenging.

#### Amount of protection

An important factor in choosing any product is to look for its 'Sun Protection Factor' (SPF). Experts suggest an SPF of at least 30.

#### Type of protection

There are two types of solar radiation, known as 'Ultra-violet A' (UVA) and 'Ultra-violet B' (UVB). Products should be labelled 'broad-spectrum' to show protection from both varieties.

#### Questions 1-7

Do the following statements agree with the information given in the text?

In boxes 1-7 on your answer sheet, write

**TRUE** if the statement agrees with the information

**FALSE** if the statement contradicts the information

**NOT GIVEN** if there is no information on this

- 1 Whenever the sun shines, there is danger to the skin.
- 2 Sticks and sprays are available in both mineral and chemical varieties.
- 3 The degree of screening is important whatever the skin type.
- 4 The functioning of the skin can be affected by sunscreens.
- 5 Advice is given on products which affect the appearance of the skin.
- 6 Metal oxides block UV in different ways than chemical screens.
- 7 Personal preference is the most important factor when choosing a sunscreen.

#### Type of skin

Those with dry skin may wish to pick a sunscreen with hydrating ingredients, such as glycerin, while people with normal skin can probably use just about any product. People with oily skin should seek out oil-free creams or lotions, as these are less likely to clog pores in the skin, and are quick-absorbing with matte finishes which won't leave the skin looking shiny or greasy. Mineral blockers, which use high-density metal oxides to cut out UV radiation, are recommended over chemical filters, which may cause irritation for people with sensitive skin.

#### Type of use

Water-resistant sun blocks are recommended when swimming or sweating, though must be reapplied after forty to eighty minutes.

Beyond these recommendations, choice comes down to personal preferences. The most important thing is to find a product that works for your skin and stick with it.

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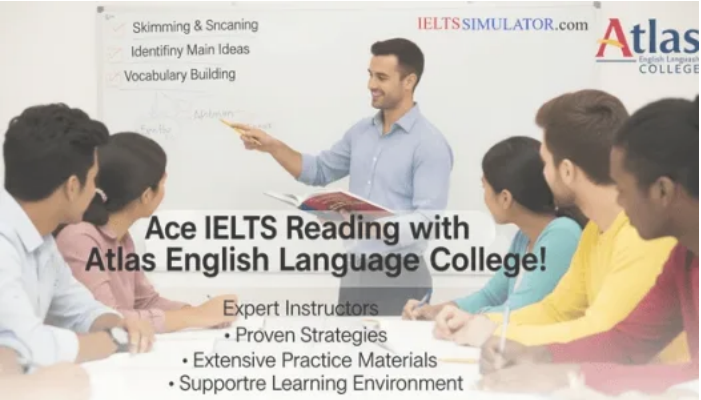
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