



# BBC WORLD SERVICE LEARNING ENGLISH

Health: Sunbeds

健康: 太阳床

A Healthy Glow? 健康的容光吗?

Read the text below and do the activity that follows.

阅读下面的短文，然后完成练习：

In the UK, a country known for its bad weather and lack of sunshine, there appears to be an ever increasing number of very tanned young people.

So just how are they achieving their golden tans? Some are opting for the sun-free option and are getting their tan from a bottle. However, it appears that others are turning to tanning salons, of which there are thousands in the UK.

While in China young people often prefer to remain fair, in the UK there seems to be a growing desire for tanned skin. So why do the British prefer to be bronzed? Often, they are trying to emulate their favourite celebrities, footballers, or footballers' wives. Research from the British Sunbed Association suggests that many people believe a tan makes them feel and look healthier.

This is a belief that is most definitely not shared by Cancer Research UK. They firmly state that being tanned is not a sign of health. In fact, they are strongly against young people using sunbeds. On their website, they state that people who use sunbeds before the age of 35 have a higher risk of melanoma – the most dangerous type of skin cancer.

The dangers of tanning did not appear to concern ten-year-old Kelly Thompson who hit headlines in April after receiving severe burns from spending 16 minutes on a sunbed.

Kelly's mother was horrified that her daughter had been allowed to use the sunbeds and that the tanning salon was unmanned. She noted that: "There was no one to give advice on using these potentially dangerous machines."

Whether the British government has been taking heed of such recent tanning tragedies is not clear. What is clear however is that self-regulation in the sunbed industry looks unlikely to continue.

Just after Kelly's story was reported in the news, the government issued a statement advising that people under 18 should not use sunbeds and that all salons should be supervised by trained staff.

## Glossary 词汇表

tanned (让皮肤) 晒成褐色	skin cancer 皮肤癌
tanning salons 让皮肤晒成褐色的沙龙	concern 担忧; 引起关注或担忧
fair (皮肤颜色) 浅	hit headlines 见诸报端
bronzed 古铜色的	severe burns 严重灼伤
emulate 模仿	horrified 令人震惊的
a belief 信念	unmanned 无人管理的
a sign of 迹象; 象征	taking heed 注意; 留心
sunbeds 太阳床	tragedies 悲剧
risk 危险/危害	self-regulation 有自我规章的
melanoma 恶性黑素瘤	supervised 有监管的

### 1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. The UK is renowned for its hot climate and sunny weather. True / False
2. Some people think a tan makes them look healthier. True / False
3. Cancer Research UK think that using sunbeds when you are young can lead to skin cancer. True / False
4. Ten-year-old Kelly Thompson was badly burnt after using a sunbed. True / False
5. The British government advise that no one under 21 should use sunbeds. True / False

## 2. Vocabulary 词汇

### A. Match the words (1-5) with the correct definition (a-e).

为下列单词(1-5)找出正确的定义(a-e).

1. horrified	a. To feel unhappy because something was not as good as you had expected
2. furious	b. To feel anxious or concerned about something
3. disappointed	c. To feel angry about something
4. worried	d. To feel unhappy or to be without hope for the future
5. depressed	e. To feel shocked about something

### B. Match the adjectives (1-5) with a close synonym from the box.

从下表中为下所列形容词 (1-5) 找出同义词.

apprehensive	outraged	let-down
appalled	sad	

1. horrified \_\_\_\_\_
2. furious \_\_\_\_\_
3. disappointed \_\_\_\_\_
4. worried \_\_\_\_\_
5. depressed \_\_\_\_\_

### 3. Jumbled Sentences 打乱词序的句子

Rearrange the words in the sentences below to make correct sentences.

请将下列句子中的单词重新排列，组成一个正确的句子。

a. seems to be for a growing There desire tanned skin.

b. people believe Many makes them look a tan healthier.

c. is young strongly people against using sunbeds. Cancer Research UK

d. to continue. Self-regulation industry is unlikely of the sunbed

e. advises The government should not use sunbeds. that under 18's

#### 4. Wordsearch 单词搜索

Try to find the words associated with this week's story in the puzzle below.

There are ten words to find. Words can be written horizontally (g), vertically (i) or diagonally (m)

请在下面的字谜游戏中，找出今天的文章有关的英语单词来。

共有10个单词，其组成方式可能以水平的(g)垂直的(i)或对角的(m)形式出现。

s	k	i	m	t	a	s	e	g	e	s	f
c	u	n	s	a	l	o	n	d	b	s	a
a	i	r	f	n	b	e	d	v	r		i
n	b	r	o	n	z	e	d	i	a	i	r
c	a	c	r	e	s	u	n	i	k	c	c
e	r	r	d	d	b	r	o	n	z	c	c
s	u	n	s	h	i	n	e	c	c	c	a
k	s	a	l	i	i	g	o	l	d	e	n
i	a	b	s	a	l	o	o	n	c	a	c
n	s	g	u	b	u	r	b	s	u	n	e
d	e	b	c	r	c	a	n	r	e	c	r
n	u	s	s	u	n	b	e	d	s	u	s

salon    tanned    bronzed    fair    golden    burn  
cancer    skin    sunshine    sunbed

## Answers 答案

### 1. Reading Quiz 阅读测验

- The UK is renowned for its hot climate and sunny weather. **False**
- Some people think a tan makes them look healthier. **True**
- Cancer Research UK think that using sunbeds when you are young can lead to skin cancer. **True**
- Ten-year-old Kelly Thompson was badly burnt from using a sunbed. **True**
- The British government advise that no one under 21 should use sunbeds. **False**

### 2. Vocabulary 词汇

#### A

- horrified  
(e) *To feel shocked about something*
- furious  
(c) *To feel angry about something*
- disappointed  
(a) *To feel unhappy because something was not as good as you had expected*
- worried  
(b) *To feel anxious or concerned about something*
- depressed  
(d) *To feel unhappy or to be without hope for the future*

#### B

- horrified appalled
- furious outraged
- disappointed let-down
- worried apprehensive
- depressed sad

### 3. Jumbled Sentences 打乱词序的句子

- There seems to be a growing desire for tanned skin.
- Many people believe a tan makes them look healthier.
- Cancer Research UK is strongly against young people using sunbeds.
- Self-regulation of the sunbed industry is unlikely to continue.
- The government advises that under 18's should not use sunbeds.

### 4. Wordsearch 单词搜索

				t								f
			s	a	l	o	n					a
				n								i
	b	r	o	n	z	e	d					r
				e								
				d								c
s	u	n	s	h	i	n	e					a
k						g	o	l	d	e	n	
i		b										c
n			u									e
				r								r
			s	u	n	b	e	d				

salon	tanned	bronzed	fair	golden
burn	cancer	skin	sunshine	sunbed