

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.

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 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

tanned – when your skin becomes darker as a result of being exposed to the sun	tanning salons – places that offer their clients an opportunity to use sunbeds (see below)
bronzed – a synonym of tanned (see above)	to emulate – to copy what someone else, usually a well-known person, does
sunbed – an apparatus that looks like a bed with a special cover that emits rays of ultraviolet light, so if you lie on it, you develop a tan	melanoma – the most dangerous type of skin cancer
hit headlines – was widely talked about by the media	horrified – shocked, disgusted and dismayed
was unmanned – this means that no member of staff was present at the time	taking heed of – paying attention to, taking into account
self-regulation – here, when tanning industry or even individual salons establish their own rules	supervised – monitored, watched (to make sure everything is done correctly and safely)

Read and listen to the story online:

http://www.bbc.co.uk/worldservice/learningenglish/language/newsaboutbritain/2009/05/090616_nab_sunbed.shtml

1. Reading Quiz

Are these sentences true or false? Or is the answer not given in the text? Circle the correct answer.

1. The UK is renowned for its hot climate and sunny weather. **True / False / Not given**
2. Some people think a tan makes them look healthier. **True / False / Not given**
3. Cancer Research UK think that using sunbeds when you are young can lead to skin cancer. **True / False / Not given**
4. Ten-year-old Kelly Thompson was badly burnt after using a sunbed. **True / False / Not given**
5. The British government advises that no one under 21 should use sunbeds. **True / False / Not given**

2. Vocabulary: Adjectives

Look at the words below. Try to match each word to its definition.

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

3. Jumbled Sentences

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

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

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

- c. are young strongly people against using sunbeds. Cancer Research UK

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

- e. advises The government should not use sunbeds. that people under 18

4. Wordsearch

Try to find the words associated with today's article in the puzzle below.

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

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

1. Reading Quiz

- 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: Adjectives

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

3. Jumbled Sentences

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

4. Wordsearch

				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