

Student worksheet 2: *Daily Mirror* article

Sun protection on a plate!

By Angela Dowden 13/06/2006

With temperatures soaring to record levels, it's vital to protect yourself from the Sun's rays. Here are the foods that can help...

By making a few simple changes to your diet, you can help protect your skin from sunburn, ageing and even cancer. Of course, you also need to keep wearing your sun lotion and a hat and stay in shade during the heat of the day, but here's how to get some of your SPF's [sun-protection factors] on a plate...

Olive oil

An Australian study in 2001 found that olive oil (in combination with fruit, vegetables and pulses [legumes]) offered measurable protection against skin wrinkling. Eat more olive oil by using it in salad dressings or dip bread in it rather than using butter.

Supporting material for:

Walsh, E (2012) Bad science: learning from science in the media. *Science in School* 22: 23-28. www.scienceinschool.org/2012/issue22/badscience