

UV Radiation

Verification test – the answers

1. The most harmful type of ultraviolet radiation is:
 - ☐ UVA
 - ☐ UVB
 - ☐ **UVC**
2. Vitamins produced by the skin as a result of UVA radiation is:
 - ☐ Vitamin A
 - ☐ Vitamin B
 - ☐ Vitamin C
 - ☐ **Vitamin D**
3. Which of the listed UV index values allows you to stay in the sun without additional protection?
 - ☐ **2**
 - ☐ 5
 - ☐ 7
 - ☐ 10
4. The SPF 30 sun cream extends the time of safe sun exposure:
 - ☐ by 30 minutes
 - ☐ by 3 hours
 - ☐ 3 times
 - ☐ **30 times**
5. Which factor does not affect the UV index?
 - ☐ time of day
 - ☐ season
 - ☐ altitude above sea level
 - ☐ **nitrogen content in the air**
6. „Pale skin, frequent freckles, most exposed to sunlight ”- is a description of skin phototype number ...
 - ☐ **I**
 - ☐ III
 - ☐ V
 - ☐ VI
7. As the altitude increases, the air temperature drops. What happens to the value of UV index?
 - ☐ also drops
 - ☐ stay at the same level
 - ☐ **increases**