



Полезная лексика по теме
**«Видеоурок: учим
английский и защищаемся от
солнца»**

Most of us think of the Sun as our friend. It helps plants grow, keeps us warm, and who doesn't love to lie on the beach on a sunny day? But **for all** of its good qualities, the Sun can also be **harmful** in large amounts. That's why we **invented sunscreen**.

The **purpose** of sunscreen is **to shield** the body from the Sun's **ultraviolet rays**, which have **several** harmful effects, **including sunburn, aging, and skin cancer promotion**.

These rays are **separated** by their different wave **lengths**, into types such as **UVA** and **UVB**, which **exert** a variety of effects in the skin **due to** the **absorption patterns of chromophores**, the parts of the molecules **responsible for** their colour.

for all — несмотря на

harmful — вредный, причиняющий вред

to invent — изобрести

sunscreen — солнцезащитный крем

a purpose — цель

to shield — защитить

ultraviolet /ˌʊltrəˈvaɪələt/ rays —
ультрафиолетовые лучи

several — несколько

including — включая (в себя)

sunburn — солнечный ожог

aging — старение

skin cancer promotion — развитие рака кожи

to separate — разделять

length — длина

UVA (Ultraviolet A) — ультрафиолетовые
лучи группы А

UVB (Ultraviolet B) — ультрафиолетовые
лучи группы В

to exert — оказывать действие

due to — в связи с, из-за

absorption patterns of chromophores —
спектры поглощения хромофоров

to be responsible for — быть ответственным
за



The **primary** two chromophores are hemoglobin, found in our **red blood cells**, and melanin, which gives our skin its pigment. We know that UVB rays cause the skin to burn. The role of UVA rays is less well understood and **appears to have an effect** on our **tanning response, carcinogenesis**, and aging. So, how does the sunscreen **protect us from** these rays?

There are two basic types of sunscreen, physical and chemical **blockers**. Physical blockers, like zinc oxide or titanium dioxide, **reflect** the Sun's rays by acting as a physical barrier. If you've seen **lifeguards** with noses covered in white, then you know what this looks like. The same ingredients are primary components of **diaper creams**, where the **goal** is also to create a physical barrier.

Historically, they haven't always been easy **to apply** and were **conspicuously visible** on the skin, but **new formulations** have **made this less of an issue**. Chemical blockers, **on the other hand, absorb** the Sun's rays. They **deteriorate** more quickly than physical sunscreens because their **ability** to absorb the Sun **diminishes**. **Generally**, these are more **transparent** when **rubbed** on the skin, but **some people develop allergic reactions to** some of the chemicals.

primary — главный, основной
red blood cells — красные кровяные клетки
appears to have an effect — по всей видимости они влияют

a tanning response — чувствительность к загару, появление загара

carcinogenesis — развитие рака

to protect from — защищать от

a blocker — блокатор

to reflect — отражать

a lifeguard — спасатель (на пляже)

diaper /'daɪə(r)/ cream — крем для подгузников

a goal — цель

to apply — наносить

conspicuously /kən'spɪkjʊəsli / visible — хорошо видимый

a new formulation — новая рецептура/разработка

to make this less of an issue — сделать проблему не такой актуальной

on the other hand — с другой стороны

to absorb — поглощать, впитывать

to deteriorate — разрушаться

an ability — способность

to diminish — снижаться

generally — обычно, как правило

transparent — прозрачный

to rub — натирать, наносить (на кожу)

some people develop allergic reactions to — у некоторых людей развивается/появляется аллергическая реакция на



Regardless of the type of sunscreen, **all are subjected to testing to determine** their **sunburn protection factor**, or SPF. This is **essentially** a measure of the protection that the sunscreen will provide from UVB rays before one begins to burn. But even if you don't burn, you still need to use sunscreen because **unless you live in a cave**, you're **not immune to** the effects of the Sun.

It is true that darker skinned people and those who **tan** easily have more **built-in protection** from sunburns, but they **are** still **vulnerable to** the effects of UVA.

Children **under the age of six months**, on the other hand, should have almost no **sun exposure** as their protective mechanisms are not fully functioning, and their skin is more likely to absorb any sunscreen that is applied.

Wearing sunscreen helps protect against the development of all three types of skin cancer: **basal cell carcinoma**, **squamous cell carcinoma**, and **melanoma**. **On a daily basis**, the DNA in your cells is developing mutations and errors that are generally **handled by** machinery within your cells, but ultraviolet rays from the Sun **lead to** mutations that the cell may not **be able to overcome**, leading to **uncontrolled growth** and **eventual** skin cancer. The scariest thing about this is that usually you can't even see it happening until it's too late.

regardless of — независимо от, без учета

all are subjected to testing — все они подлежат тестированию

to determine — определять

sunburn protection factor — солнцезащитный коэффициент, фактор противосолнечной защиты

essentially — по сути, в сущности

unless you live in a cave — **если вы не** живете в пещере

not to be immune to — быть подверженным, быть незащищенным (от чего-то)

to tan — загорать

built-in protection — встроенная защита; защита, данная природой

be vulnerable to — быть уязвимым к, быть беззащитным перед

under the age of six months — в возрасте до 6 месяцев

sun exposure — воздействие солнца, солнечное облучение

basal cell carcinoma — базалиома

squamous cell carcinoma — плоскоклеточный рак

melanoma — меланома

on a daily basis — ежедневно

to handle by — справляться с чем-либо, регулироваться

to lead to — приводить к чему-либо

to be able to overcome — быть способным справиться

uncontrolled growth — бесконтрольный рост

eventual — возможный, будущий



But if these **concrete risks** to your health are not enough **to convince** you to use sunscreen, there are **aesthetic reasons** as well. **Along with** cigarette smoking, **sun damage** is the **leading cause** of **premature aging**. **Photoaging** from chronic sun exposure leads to **a loss of elasticity** in the skin, in other words, making it look **saggy**.

Take a look at this **truck driver** whose left side **was** chronically **exposed to** the sun and notice the difference. This is an important point. Car windows block UVB, the burn rays, but not UVA, the aging rays.

It is recommended to use sunscreen **daily**, but you should **pay special attention** before **prolonged** sun exposure or when at the beach or among snow since the **reflectivity** of water and ice **amplifies** the Sun's rays. For these cases, apply about **an ounce** fifteen to thirty minutes before you **go out** and once again soon after you get outside. After that, you should **reapply** it every two to three hours, especially after swimming or **sweating**. **Otherwise** you should wear protective clothing with ultraviolet protection factor, or UPF. Stay in **shaded areas**, such as under trees or an umbrella, and avoid the sun at the peak hours of 10 a.m. to 4 p.m.

And what's the best kind of sunscreen? Everyone will have their **preference**, but look for the following things: **broad spectrum** SPF of **at least** 30, and **water-resistant**. A light **moisturizer** with SPF 30 should be good for daily use. **Take note** if you decide to use a spray. They take **several coats** to effectively cover your skin, like painting a wall with a **spray can versus a paint brush**.

So, enjoy the sun, but enjoy it with sunscreen.

a concrete risk — серьезная/реальная угроза
to convince — убедить

an aesthetic reason — эстетическая причина

along with — наравне с

sun damage — солнечное облучение

a leading cause — основная причина

premature aging — раннее старение кожи

photoaging — фотостарение

a loss of elasticity — потеря эластичности

saggy /'sægi/ — обвисший

a truck driver — водитель грузовика

to be exposed to — быть подверженным воздействию

daily — ежедневно

to pay special attention — обратить особое внимание

prolonged — длительный

reflectivity — отражающая способность

to amplify — усиливать

an ounce /aʊns/ — унция (примерно 30 грамм)

to go out — выходить на улицу

to reapply — нанести повторно

to sweat /swet/ — потеть

otherwise — иначе, или, в противном случае

a shaded area — место в тени

a preference — предпочтение

a broad spectrum — широкий спектр (защиты)

at least — не менее, по меньшей мере

water-resistant — водостойчивый

moisturizer — увлажнитель

to take note — не забывайте

several coats — несколько слоев

a spray can versus a paint brush — баллончик по сравнению с кисточкой