

Sunburnt to the BONE

Text Type: Diary entry

Suggested finishing time: 15 mins

Let's Think!

1. How often do you go outdoors?
2. How do you protect your skin on sunny days?

23rd July (Saturday)
 Sunny

More to Take Away

While sunscreen protects us from sunburn, a proper diet is proven influential in keeping our skin from burning. Food rich in vitamins C and E, such as fruits, vegetables, whole grains, seeds and nuts are especially beneficial to our skin.

Looking into Grammar

The quantifier 'much' is used with uncountable nouns, usually in negative sentences; while 'many' is used with plural countable nouns. 'A lot of' is used with both types of nouns to refer to a large amount of things.

✓ I applied a lot of
(✗ many / much)
sunscreen.

? Circle an example each of 'many' and 'a lot of' in paragraphs 2 and 3.

STEAM

UV waves are invisible to human eyes because they have short wavelengths of 10-310 nm. Colours are visible to us as they have longer wavelengths.

Colour	Wavelength
violet	380-450 nm
blue	450-495 nm
green	495-570 nm
yellow	570-590 nm
orange	590-620 nm
red	620-750 nm

Today is my third day in Thailand with my family, and something funny happened just now when I was checking out in a supermarket. The cashier had mistaken me for a local and spoken to me in Thai! It was only until I looked at myself in the mirror, did I at last realise it was my reddish dark skin tone that had confused him.

It was boiling hot this morning. Dad took me and my brother to Phra Nang Beach when Mum and Grandma went out for a spa. While Dad and I were playing Frisbee, my brother was sunbathing and enjoying the idyllic and stunning sea view. After that, the three of us joined a half-day snorkelling tour and later experienced rock climbing until 5 pm. Yet, when we were about to return to our hotel, I started to feel itchy all over my body and many parts of my skin ache, as if lice were crawling into every pore on my face, back and arms...then I realised that I had forgotten to put on sunscreen! Ooh la la!

After I returned to the hotel, Mum was startled to see my sunburnt skin, which later shocked me too when I looked into the mirror! Mum asked me to take a cool shower at once and then apply aloe vera gel on the affected area. My brother thought I had it coming as Dad had been shouting, if not roaring, at me the whole morning telling me to wear sunscreen, but I just remained unresponsive like a sloth! Having said that, I was still grateful that, despite his ruthless comment, he had offered me a bag with a lot of ice inside. I do feel much better now, though I think my skin is going to peel tomorrow!

I googled 'sunburn treatments' for more information and was enlightened. Next time when I have to go outdoors on a scorching day, I'm going to apply sunscreen every 1 to 2 hours, and I'll choose the ones of at least SPF 30, which should offer enough protection against the sun's damaging UV rays! Now, let's wish my skin a speedy recovery as I'll be running a marathon next week...

~370 words


Part A Multiple Choice Questions

Answer the following questions based on the information provided in the diary entry. Choose the best answer by blackening the appropriate circle.

1. The cashier made a mistake about the writer's nationality because _____.

- A. she spoke Thai
- B. she looked tanned
- C. the cashier was inexperienced
- D. they were in a local store

1 What did the writer realise after returning to the hotel?

 2. Which of the following activities happened at the same time?


- I. having a snorkelling tour
- II. sunbathing
- III. enjoying the sea view
- IV. playing Frisbee

- A. I and II
- B. I and IV
- C. II and IV
- D. II, III and IV

2 Pay attention to the cohesive devices in the corresponding paragraph.

3. In lines 19-21, the writer's brother thought that she _____ as she _____.

- A. did not know she had to put on sunscreen...was ignorant
- B. deserved the sunburn...did not listen to or follow what her father had told her to do
- C. acted like a sloth...took too long to put on the sunscreen
- D. did not mind getting sunburnt...was too lazy

4. In line 21, 'Having said that' can best be replaced by '_____'.


- A. Supposedly
- B. As a consequence
- C. However
- D. Ironically

5. What would the writer probably do the day after if she goes out and the weather is sunny?

- A. bring along sunscreen with her
- B. stay indoors if possible
- C. avoid using sunscreen of SPF 20
- D. all of the above

6. Which of the following is NOT true about the diary entry?

- A. It was written during summer.
- B. The writer was not quite happy at the end of the day.
- C. The writer's father and brother got tanned as well.
- D. The writer did not seem mad at her brother.

Self-evaluation Checklist (✓/x)

- | | |
|--|--------------------------|
| 1. I understood most of the information provided in the passage. | <input type="checkbox"/> |
| 2. I guessed the meaning of unknown words or phrases correctly. | <input type="checkbox"/> |
| 3. I managed to answer questions by drawing inferences. | <input type="checkbox"/> |
| 4. I identified and understood the writer's / characters' feelings. | <input type="checkbox"/> |
| 5. I could identify and summarise the main idea of the passage. | <input type="checkbox"/> |
| 6. The two reading strategies taught in this module enabled me to read more effectively. | <input type="checkbox"/> |

Part B Pre-HKDSE Questions

Answer the following questions based on the information provided in the diary entry.
For question 5, answer in a complete sentence.

- In line 4, the word 'local' means _____.
 A. a speaker of the Thai language
 B. a person living in a certain place
 C. a person with reddish skin
 D. a customer from a foreign country
- Which of the following did the writer use to soothe her sunburnt skin?



A.



B.




C.



D.

- Circle ONE literary device that is used in line 21.

simile / metaphor / repetition / alliteration / exaggeration / onomatopoeia

-  4. Arrange the following events in the order in which they happened by writing the numbers (1-7) in the boxes. The first one has been done for you.

- The writer searched for information about skin protection online.
- The writer's mum was shocked by her appearance.
- The writer's dad asked her to put on sunscreen.
- The writer's brother gave her a bag of ice.
- The cashier at a supermarket mistook the writer for a Thai.
- The writer had a cool shower.
- The writer got an itch and ache on her skin.

7	4 The cohesive devices help identify the sequence of the events. Also, pay attention to the usage of flashback.
<input type="text"/>	
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<input type="text"/>	5 Specify the actions the writer may take to achieve adequate protection.
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<input type="text"/>	

-  5. What might the writer do to avoid sunburn on the day she runs a marathon?

DSE

Level Up



Q3 Simile is the act of comparing one thing to another using 'like' or 'as...as'.

e.g. Their love for each other is as deep as a deep blue sea.

Metaphor is the use of a word or phrase to represent an idea in a symbolic way.

e.g. You broke my heart (=made me sad).

Part C Vocabulary Bank

Label the photos below with the names of items associated with beaches and summer activities from the word box.

sunshade

Frisbee

boardwalk

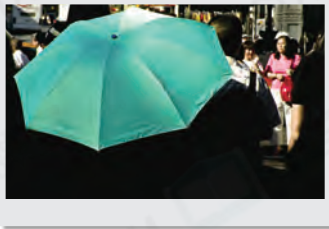
sun lounger

beach blanket

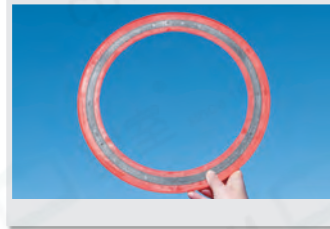
floatie

flip-flops

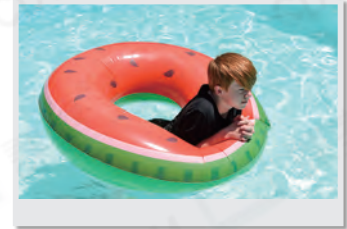
swimsuit



1.



2.



3.



4.

How to avoid getting sunburnt

What to play



5.



6.

Where to rest

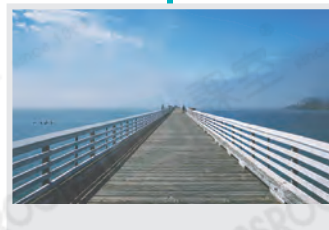
At the beach

What to wear



7.

Where to stroll



8.

Let's Discuss!

1. Have you ever got sunburnt before? How did you handle it?
2. Other than putting on sunscreen, what else can be done to prevent sunburn?

Word Craft

Treatment (Refer to P.82.)

Collocation, in general, refers to the particular combinations of words or phrases that sound correct or natural. Below are some collocations for health-related topics.

- e.g.**
- receive a treatment
 - treat a symptom
 - cure a disease
 - heal an injury