

**1. Are these sentences true or false? Write 'T' for true and 'F' for false.**

a) You need to wear sunscreen at the beach. ☐

b) You don't need to wear a hat at the beach. ☐

c) You have to eat before you swim. ☐

d) You need to drink lots of water. ☐

e) You should take rubbish home with you. ☐

**2. Answer using full sentences.**

a) When should you put sunscreen on?

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b) How should you protect your head, neck and eyes?

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c) Why shouldn't you eat before you swim?

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