



- Think of some examples when you might need to be able to read time in analogue, digital and 24-hour format.
When might you need to convert between 12-hour and 24-hour time?
- To find out how long it takes you to walk to school you need to work out the difference between your start and end times.
Think of two more examples of when you have to find the difference between two times.
- This chart comes from the newspaper.

- Who would use this chart?

- Why do you think there is a range of times given for the high exposure level?

- Why do you think you have to apply sunscreen when the exposure level is minimal?

- Do you like the format of the table?

Is there a better way the information could have been presented?

UV Index Number	Exposure Level	Time to Burn	Actions to Take
0, 1, 2	Minimal	60 Minutes	Apply SPF 15 sunscreen
3, 4	Low	45 Minutes	Apply SPF 15 sunscreen, wear a hat
5, 6	Moderate	30 Minutes	Apply SPF 15 sunscreen, wear a hat
7, 8, 9	High	15-25 Minutes	Apply SPF 15 to 30 sunscreen, wear a hat and sunglasses
10 or higher	Very High	10 Minutes	Apply SPF 15 sunscreen, wear a hat, sunglasses and protective clothing