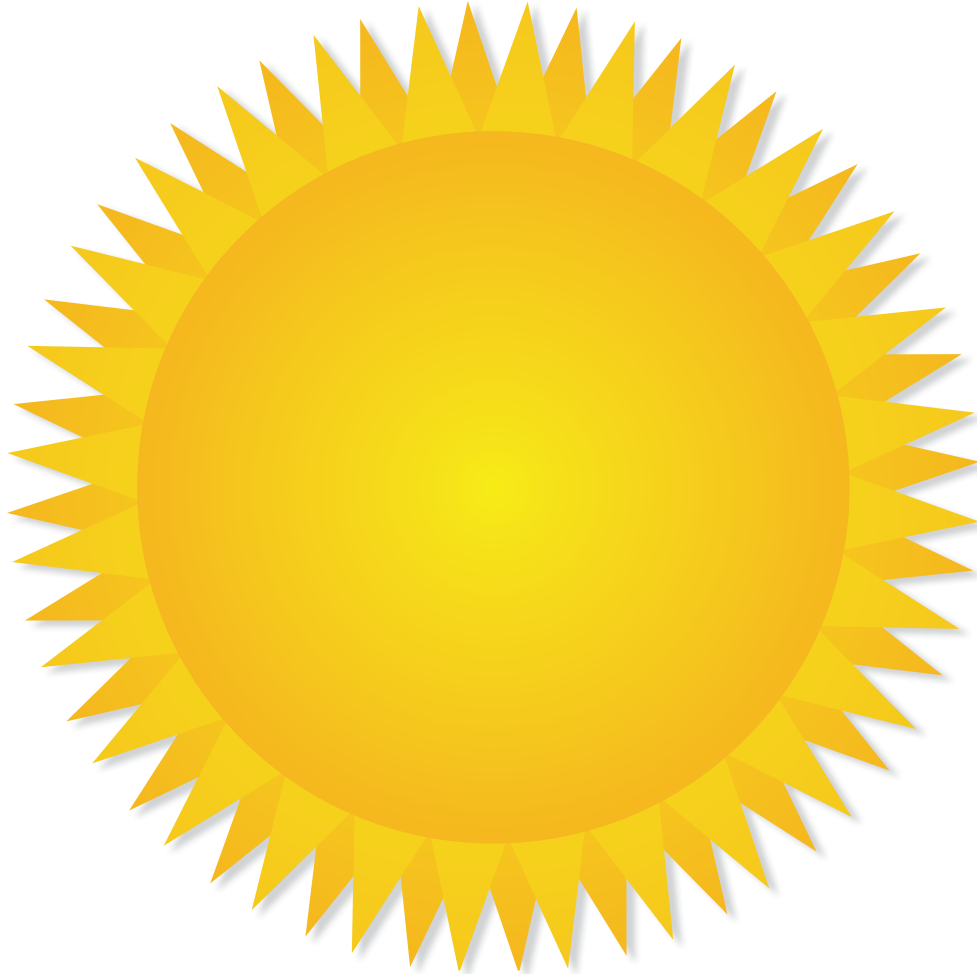


LESSON 4

MEDICINE MISUSE



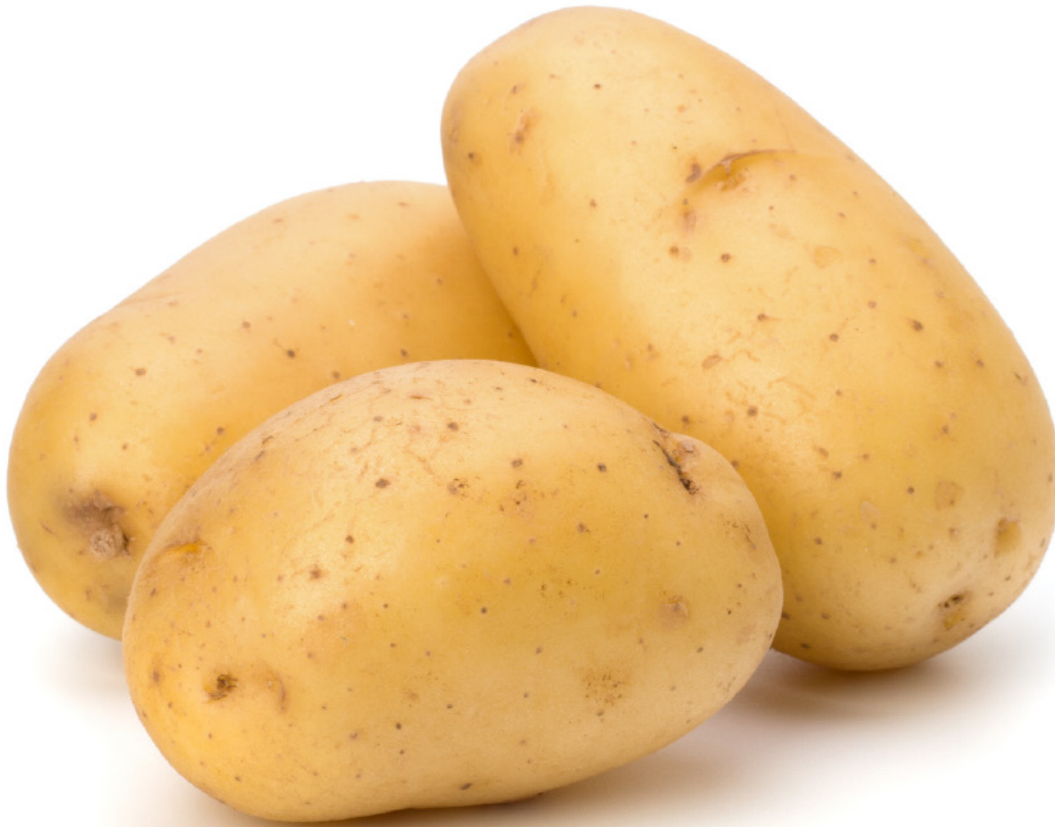
ANSWER: Fifteen minutes of sun per day is essential for maintaining a healthy level of vitamin D, which promotes the retention of calcium, mostly in your bones. Calcium is very important in the development of your bones and in strong teeth. Too much sun, however, may cause cancer and skin damage. To protect against damage from the sun's rays, it is important to avoid the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest; to wear protective clothing; and to use a sunscreen with an SPF of 15 or higher.*

NOW YOU KNOW: Use a good sunscreen when outdoors for more than 15 minutes and avoid prolonged sun exposure.

[*Source: American Skin Association]

LESSON 4

MEDICINE MISUSE



ANSWER: French fried, baked, or mashed potatoes are an excellent low-fat source of carbohydrates, which your body needs for energy. Dig a little deeper and you'll find that potatoes naturally contain solanine, a very toxic ingredient that can cause a number of health problems. Solanine thrives in well-lit environments and is present when you see a green tinge under the potato's skin and experience a bitter taste.

NOW YOU KNOW: Store potatoes in a cool, dark place and be on the lookout for the discoloration and bad taste.

LESSON 4

MEDICINE MISUSE



ANSWER: Vitamins can be purchased from store shelves and are widely available. They're easy to access, but as they're considered over-the-counter medicines, they should be taken under the guidance of a parent or trusted adult. Vitamins can be dangerous if they're misused or if a person isn't using them in accordance with the *Supplement Facts* label on the bottle.

NOW YOU KNOW: Read the label and talk to a trusted adult before taking vitamins.