

Is black clothing really too hot for summer?

Vocabulary Match

reflects ● absorbs ● discovered ● researchers ● robes ● reached ●

● takes in ● clothes ● bounces ● touched ● found ● scientists

Article

Most people believe that wearing white clothes in hot weather is better than wearing black. White reflects sunlight, while black absorbs it. However, scientists discovered that this is not always true.

In 1980, researchers studied Bedouin people living in the desert, where many wear loose black robes. They found that people wearing black and white robes gained almost the same amount of heat. The extra heat absorbed by the black robe was carried away before it reached the skin because air could move freely inside the loose clothing.

This means that the style and fit of clothes can be just as important as their colour.

Quiz

1. What do most people believe about wearing white clothes in hot weather?
2. What did scientists discover about wearing black clothes in hot weather?
3. Who did researchers study in 1980?
4. What did the researchers find about the heat gained by black and white robes?

Conversation

A: Did you hear about the study on black robes in the desert?

B: Yeah, I did! Who knew style could beat science?

A: Right? Loose black robes are just as cool as white ones!

B: I guess it's all about the air moving around inside.

A: Maybe I should try wearing black to the beach!

B: Just make sure it's loose, or you'll be cooking yourself!

Discussion

1. Do you prefer wearing white or black clothes in hot weather? Why?
2. What's your favorite clothing style for hot weather?
3. What is the hottest place you have ever visited?
4. What things can people do to stay cool in hot weather?
5. If you lived in a desert, what would you do differently?