

Do you wear glasses? Is your vision better during the day than at night? Are you afraid of losing your sight as you age? Many people fear that they will one day go blind. *Read these 9 Tips for Better Eye Health. Do your eyes deserve more attention?*

Warmup ☀

Guess your classmates' eye health. How well can your classmates see without glasses or contacts? Do you think the person next to you:

- ☒ has 20/20 vision
- ☒ has okay vision without glasses
- ☒ has worn glasses or contacts since childhood
- ☒ needed glasses as a teen or adult
- ☒ will need glasses soon

What about your teacher?

Pre-Reading Warm Up Questions ☀

1. What measures do you take to protect your eyes?
2. Have you ever been to an optometrist? Describe your experience.
3. How long do you typically spend in front of a screen?
4. Do you wear sunglasses throughout the year? Why or why not?



9 TIPS FOR BETTER EYE HEALTH

1. Early Testing

Test your children's eyes at an early age. Kids don't need to be able to read letters. Vision tests for preschoolers use pictures.

2. Work in Good Lighting

Good lighting while you work or read is **crucial**. Don't **strain** your eyes to read in the dark.

3. Take Breaks

Take regular breaks when you are looking at a television, computer, or mobile device for **prolonged** periods of time. Don't stare at the same screen for more than twenty minutes.

4. Choose Vision Friendly Foods

Fruits and vegetables such as oranges are high in Vitamin C and are good for eye health. Leafy green vegetables, fish, whole grains, peanuts, and beans may also protect your **aging** eyes.

5. Wear Shades

Protect your eyes from the **harsh** rays of the sun throughout the year, not just in the summer. Choose **shades** that have UV protection. Children and babies should also wear shades.

6. Wear Goggles

If you're playing sports in the snow, **goggles** are important. When the sun **reflects** off the snow, it causes twice the damage.

7. Blink More

If your eyes are dry, try to blink more. Some people forget to blink when they are **focused** on a screen.

8. Take Vitamin Supplements

If you don't get enough vitamins from your food, take a daily multi-vitamin. Make sure to choose one with Vitamin A.

9. Have a Routine Eye Exam

Early **detection** is key when it comes to any health problem. Visit an **optometrist** once a year.

COMPREHENSION True, False, or Not Mentioned.

Listen to your teacher read some statements about the text. If the statement is true write T beside the sentence. If it is false, write F. If it is not mentioned, write NM. If it is false, correct the information.

1. _____
2. _____
3. _____
4. _____
5. _____

VOCABULARY REVIEW

A. Dot to Dot - Team Challenge

1) Get into two teams. Each team chooses one player to go to the board. The team captains each draws twenty dots on the board in the shape of an eye.

2) The teacher will call out a word and a command. The first person to raise a hand and give the correct answer gets to go up to the board and draw one line on their team's eye.

Teacher Commands

- spell the word
- provide the word form
- provide the # of syllables
- pronounce it perfectly
- give a synonym
- give an antonym
- give another word with the same root

Vocabulary

crucial
optometrist
strain
aging
blink
prolonged
shades
reflect
goggles
harsh
focused
detection

B. ODD ONE OUT

Look at the groups of words. Which word does not belong in the group?

1. severe / harsh / aging / bad _____
2. goggles / optometrist / glasses / shades _____
3. light / supplement / reflect / shine _____
4. aging / getting older / growing / crucial _____
5. strain / force / detection / push _____

Doctor's Orders ROLE PLAY



Create a role-play between an optometrist and a person who doesn't wear sunglasses. The doctor wants the patient to protect his or her eyes year round.

CORNER QUESTIONS

Time to move! Designate a corner of the classroom for each of the following categories:

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Listen to your teacher read out each statement. Walk to the corner that best describes your feelings about it. Discuss each item when the movement stops:

1. I wear sunglasses whenever I'm outdoors in the day time.
2. I get my eyes examined regularly.
3. I eat plenty of Vitamin C.
4. I take regular breaks when I'm sitting at a computer.
5. I stare at a television screen for at least two hours straight.
6. I like the color of my eyes. If I got to choose my eye color, I'd keep them the same.

DEEP THOUGHTS

What do you value more, your hearing or your sight?

How is life different for those who are blind compared to those who are deaf?

Create your own list:

Ten reasons why eye health is important:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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