

Read the leaflet.

Be good to your eyes!

Do you take good care of your eyes?

All of these may hurt your eyes:

- ✗ Read books close to your eyes.
- ✗ Read while lying in bed or on the sofa.
- ✗ Watch TV for 4 hours or more every day.
- ✗ Spend 3 hours or more on the computer every day.
- ✗ Lean close to the screen when using the computer.

Check the tips below.

Eye Care Tips

- ✓ When you read, be sure there is a lot of light.
- ✓ Take a break and let your eyes rest.
- ✓ Green plants are good for your eyes.
- ✓ Food like carrots is good for the eyes.
- ✓ Have an eye check-up once a year.

Test your understanding.

1. Who should read the leaflet?
 - A. everyone
 - B. students only
 - C. people with good eyes
 - D. people with bad eyes
2. 'Lean' in line 8 means _____.
 - A. sell
 - B. break
 - C. play
 - D. move
3. Which place is good for the eyes?
 - A. a country park
 - B. a sports centre
 - C. the beach
 - D. the library
4. In line 3, 'these' refers to _____.
 - A. the eyes
 - B. the good habits
 - C. the bad habits
 - D. the eye care tips