

In-text Grammar

We use the modal verb **'ought to'** to talk about duties, and to give advice to others.

e.g. You **ought to** correct your mistakes.

Do not change the form of the verbs after **'ought to'**.

Carrie is reading the school newsletter about eye health.

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Newsletter

Wakefield Primary School

Treasure EYE-land

Our eyes are the window to the world. They allow us to see the beauty of the world. We ought to take good care of them. Read the simple tips below!

If you are going to stay outdoors for a period of time, you ought to wear a pair of sunglasses to protect your eyes from the sunlight. Try not to read directly under the sun because its bright light would hurt your eyes.

You ought to give your eyes some rest. Take a 20-minute break after reading or using electronic devices. This habit prevents your eyes from getting too tired.

Include more healthy food in your



diet as well. Brightly-coloured fruits and vegetables, such as blueberries and carrots, are good for your eyesight because they are high in vitamin A. If you have dry eyes, you ought to eat more fatty fish like salmon. It can relieve the condition because those fish are rich in Omega-3.

It is important to keep our eyes healthy. Let's start today!

Choose the best answers by blackening the circles.

1. The newsletter mainly tells students that _____.

- A. they ought to eat more healthy food
 B. it is easy to protect their eyes
 C. there are different ways to protect their eyes
 D. eyes are important as they are the window to the world

Q1

Summarise the key points of paragraphs 2 to 4.

skill 2. Carrie wants to keep her eyes healthy. What can she include in her diet? (Choose more than one answer.)

- A. mango pudding
 B. tuna
 C. pumpkin
 D. red meat

Q2

Think about the colours of the food.

3. Which is **NOT** a correct way to protect our eyes?



A.



B.



C.



D.

Fill in the blanks with the correct words.

4. Carrie will go on a school picnic to a country park. What does she need to bring along to protect her eyes?

She needs to _____.

5. Why does Carrie need to take a break after playing mobile games for 30 minutes?

It is because it _____.

Q4

Carrie will probably stay outdoors for hours.

Fill in each blank with ONE word from the newsletter. Change the word form when necessary.

It is common for us to have dry eyes after looking at a computer screen for a long time. To **6** _____ (v.) the discomfort, we ought to eat more oily fish because they are **7** _____ (adj.) in Omega-3.