



How to Safeguard Your Child's Vision as Myopia Rises

Description

Myopia, or shortsightedness, is increasing in children. It affects about 35% of kids worldwide, according to a recent study. The study predicts that this number will rise to 40% by 2050, which means over 740 million children could have myopia.

Myopia can cause problems beyond blurry vision. If not treated, it can lead to serious eye issues. This is why it is important to check and treat your child's eyesight.

What is myopia?

Myopia makes it hard to see things far away. It happens when the eye is too long. This causes blurred images.

Why is myopia rising?

Myopia is influenced by both genes and the environment. Children spend a lot of time on screens, which can contribute to myopia. Also, less time outside can be a factor.

What can you do?

To help, encourage your child to play outside more. Schedule regular eye check-ups. If myopia is found, there are ways to treat it, like glasses or special eye drops.

Take care of your child's eye health now to help them see better in the future!

Vocabulary List:

1. **Myopia** /maɪ'ɒʊ.pi.ə/ (noun): A condition where distant objects appear blurry due to the eye being too long.
2. **Shortsightedness** /'ʃɔ:rt.səɪ.tɪd.nəs/ (noun): The inability to see distant objects clearly.
3. **Influenced** /'ɪn.flu.ənst/ (verb): To have an effect on the character development or behavior of someone or something.
4. **Contribute** /kən'trɪb.ju:t/ (verb): To help cause a particular event or situation.
5. **Regular** /'reg.jə.lər/ (adjective): Done or happening on a constant basis; occurring at fixed intervals.
6. **Encourage** /ɪn'kɜ:ɪdʒ/ (verb): To give support confidence or hope to someone.



Comprehension Questions

Multiple Choice

1. What percentage of kids worldwide are affected by myopia according to a recent study?
Option: 15%
Option: 35%
Option: 50%
Option: 75%
2. By what year is the study predicting that the percentage of children with myopia will rise to 40%?
Option: 2030
Option: 2040
Option: 2050
Option: 2060
3. What can myopia lead to if left untreated?
Option: Loss of hearing
Option: Serious eye issues
Option: Hair loss
Option: Skin problems
4. What is one factor that can contribute to the rise of myopia in children?
Option: Eating too many vegetables
Option: Playing outside often
Option: Spending a lot of time on screens
Option: Drinking milk
5. How can myopia be treated?
Option: Special exercises
Option: Eye drops
Option: Surgery
Option: Glasses or special eye drops
6. What is one recommendation to help prevent myopia?
Option: Decrease outdoor activities



- Option: Increase screen time
- Option: Regular eye check-ups and playing outside more
- Option: Avoid eating fruits

True-False

- 7. Myopia makes it easier to see things far away.
- 8. Myopia is only influenced by genetics.
- 9. Playing outside more is recommended to help prevent myopia.
- 10. If left untreated, myopia can lead to serious eye issues.
- 11. Children spending a lot of time on screens does not contribute to myopia.
- 12. Regular eye check-ups are not necessary for children with myopia.

Gap-Fill

- 13. Myopia is increasing in children. It affects about 35% of kids worldwide. The study predicts that this number will rise to 40% by _____, which means over 740 million children could have myopia.
- 14. Myopia is influenced by both _____ and the environment.
- 15. To help prevent myopia, encourage your child to play outside more and schedule regular eye check-_____.
_____.
- 16. If myopia is found, there are ways to treat it, like glasses or special eye _____.
- 17. Myopia makes it hard to see things _____.
- 18. Take care of your child's eye health now to help them see better in the _____!



Answer

Multiple Choice: 1. 35% 2. 2050 3. Serious eye issues 4. Spending a lot of time on screens 5. Glasses or special eye drops 6. Regular eye check-ups and playing outside more

True-False: 7. False 8. False 9. True 10. True 11. False 12. False

Gap-Fill: 13. 2050 14. genes 15. ups 16. drops 17. far away 18. future

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of white blood cells are responsible for fighting infections?

Option: Lymphocytes

Option: Neutrophils

Option: Monocytes

Option: Eosinophils

2. What is the application of medical care or therapy for a condition called?

Option: Prevention

Option: Diagnosis

Option: Treatment

Option: Recovery

3. What force keeps stars and planets in orbit around each other?

Option: Magnetism

Option: Friction

Option: Gravity

Option: Repulsion

4. Which eye condition is commonly referred to as nearsightedness?

Option: Hyperopia

Option: Myopia

Option: Astigmatism

Option: Presbyopia

5. What term is used to describe finding or learning about something for the first time?



- Option: Research
- Option: Discovery
- Option: Knowledge
- Option: Study

6. What refers to the application of scientific knowledge for practical purposes especially in industry?

- Option: Science
- Option: Innovation
- Option: Technology
- Option: Research

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

7. _____ are constantly working on new studies and experiments to advance scientific knowledge.
8. The _____ provides structural support and protection for the body.
9. A microscope is an essential _____ for studying microscopic organisms.
10. A _____ is an abnormal mass of tissue that may be benign or malignant.
11. The force of _____ pulls objects towards each other.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

12. The hurricane caused extensive damage and left many people homeless.
13. The surprise party was full of energy and enthusiasm.
14. The old car never broke down and always started on the first try.
15. The theory attempted to explain the origins and nature of the universe.
16. Advancements in this field have transformed the way we communicate and work.

Answer

Multiple Choice: 1. Monocytes 2. Treatment 3. Gravity 4. Myopia 5. Discovery 6. Technology

Gap-Fill: 7. Researchers 8. Skeleton 9. Instrument 10. Tumor 11. Gravity

Matching sentence: 1. Severe



2. Exciting 3. Reliable 4. Cosmic 5. Technology

CATEGORY

1. Health - LEVEL1

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