Protect Your Eyes: Easy Solutions for Screen Time Strain!

Description

Nowadays, we use screens a lot and it's causing a problem for many people around the world. It's called digital eye strain, and it's becoming a big issue for our health.

Many people who work or study on computers could get digital eye strain. This can make your eyes feel dry, itchy, or blurry, and it can even cause headaches and neck pain.

During the COVID pandemic, our screen time has increased a lot, which has made the problem worse. That's why it's important to take care of our eyes.

To protect our eyes, we can follow the 20-20-20 rule - every 20 minutes, look at something 20 feet away for 20 seconds. This helps our eyes relax. It's also important to have good lighting, moisture, and clean air around us when using screens.

If you have persistent eye problems, it's best to see a doctor. They can help with special glasses or treatments to improve your eye health.

By being aware of digital eye strain, taking breaks, and getting help when needed, we can keep our eyes healthy even in a world full of screens.

Vocabulary List:

1. **Strain** /streɪn/ (noun): A severe or excessive demand on the body or mind.
2. **Persistent** /pərˈsɪstənt/ (adjective): Continuing to exist or endure over a prolonged period.
3. **Moisture** /ˈmɔɪs.tʃər/ (noun): Small amounts of water that are present in the air or on a surface.
4. **Digital** /ˈdɪdʒɪtəl/ (adjective): Relating to or using signals or information represented by discrete values.
5. **Blurry** /ˈblɜː.ri/ (adjective): Not clear; difficult to see or focus on.
6. **Headaches** /ˈhɛd.eɪk/ (noun): Pain located in the head scalp or neck.

Comprehension Questions

Multiple Choice

1. What is the term used to describe the problem caused by excessive screen usage?

Option: Digital Footprint

Option: Digital Eye Strain

Option: Digital Overload

Option: Digital Fatigue

2. Which of the following symptoms can be associated with digital eye strain?

Option: Watery eyes

Option: Healthy vision

Option: Blurred vision

Option: Improved concentration

3. What is the recommended technique to relax your eyes while using screens?

Option: Look at something 10 feet away for 10 seconds

Option: Close your eyes for 10 minutes

Option: Rub your eyes vigorously

Option: Follow the 20-20-20 rule

4. Which of the following is NOT mentioned as a way to protect your eyes when using screens?

Option: Good lighting

Option: Moisture

Option: Regular screen cleaning

Option: Clean air

5. What is recommended if you have persistent eye problems?

Option: Ignore the issues

Option: Consult a doctor

Option: Increase screen time

Option: Use eye drops

6. How can one keep their eyes healthy even in a world full of screens?

Option: Avoid all screen usage

Option: Take frequent breaks

Option: Increase screen brightness

Option: Use blue light filters

True-False

7. Digital eye strain is a major concern for many individuals around the world.

8. The COVID pandemic has reduced screen time for most people.

9. Following the 20-20-20 rule can help relax your eyes.

10. Having good lighting is not important for eye health when using screens.

11. Special glasses or treatments are not recommended for persistent eye problems.

12. Taking breaks and getting help when needed are essential for maintaining healthy eyes.

Gap-Fill

13. _____ is becoming a big issue for our health due to excessive screen usage.

14. To relax your eyes, follow the _____ rule: every 20 minutes, look at something 20 feet away for 20 seconds.

15. If you have persistent eye problems, it is best to see a _____ .

16. By being aware of digital eye strain, taking breaks, and getting help when needed, we can keep our eyes _____ even in a world full of screens.

17. During the COVID pandemic, our screen time has _____ a lot.

18. It is important to have good lighting, moisture, and clean air around us to protect our _____ when using screens.

Answer

Multiple Choice: 1. Digital Eye Strain 2. Blurred vision 3. Follow the 20-20-20 rule 4. Regular screen cleaning 5. Consult a doctor 6. Take frequent breaks
True-False: 7. True 8. False 9. True 10. False 11. False 12. True
Gap-Fill: 13. Digital Eye Strain 14. 20-20-20 15. doctor 16. healthy 17. increased 18. eyes

Vocabulary quizzes

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

1. What provides a sense of release or relief from stress or pain?

   Option: Strain
   Option: Ingesting
   Option: Alertness
   Option: Health

2. What are small plastic pieces less than five millimeters long?

   Option: Quality
   Option: Microplastics
   Option: Boost
   Option: Activity

3. What is the presence of harmful substances in the environment?

   Option: Concern
   Option: Pollution
   Option: Potential
   Option: Contribute

4. At what point do nitrogen-vacancy centers get formed in diamonds?

   Option: Wisely
   Option: Formed
   Option: Boost
   Option: Activity

5. What is the state of being fully awake and able to think clearly?

   Option: Groggy
   Option: Alertness
   Option: Relieve
   Option: Persistent

6. What is the regular geometrical arrangement of points in space?

   Option: Quality
   Option: Lattice
   Option: Boost
   Option: Activity

7. What is water or other liquid diffused in a small quantity as vapor or within a solid?

   Option: Health
   Option: Moisture
   Option: Activity

Option: Concentration

8. What term describes something that is not clear or sharply defined?

Option: Blurry
Option: Ingesting
Option: Quality
Option: Concern

9. Which word means to do something with good judgment or sense?

Option: Wisely
Option: Relief
Option: Groggy
Option: Concentration

10. Which word is used to describe the condition of being active?

Option: Health
Option: Moisture
Option: Activity
Option: Concern

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

11. Persistent exposure to loud noise can cause _____ on the ears.

12. _____ microplastics through contaminated water can pose serious health risks.

13. Artificial intelligence has the potential to enhance the _____ of healthcare services.

14. After a long flight she felt _____ and unfocused.

15. Yoga and meditation can help improve mental _____ and focus.

16. Researchers are investigating the _____ of quasicrystals for various applications.

17. Regular exercise can provide a natural _____ to energy levels.

18. Maintaining proper hydration levels is essential for good _____ .

19. The children engaged in various outdoor _____ to stay active.

20. Practicing _____ eating can help individuals make healthier food choices.

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

21. Concerns regarding plastic waste and industrial emissions have raised awareness about environmental .
22. Scientific in the field of medicine have led to advancements in treatments for various diseases.
23. After a good night's sleep she woke up feeling and ready for the day ahead.
24. Volunteers regularly their time and skills to help those in need within the community.
25. The fire alarm rang prompting everyone to be and evacuate the building.
26. The new technology shows great for revolutionizing the way we communicate.
27. The unique properties of a lattice structure have intrigued researchers for decades.
28. The arrangement of atoms in a crystal forms a repeating pattern.
29. The centers in diamonds play a crucial role in quantum sensing applications.
30. Cooking food using a oven is a convenient and time-saving method.

Answer

Multiple Choice: 1. Health 2. Microplastics 3. Pollution 4. Formed 5. Alertness 6. Lattice 7. Moisture 8. Blurry 9. Wisely 10. Activity
Gap-Fill: 11. strain 12. Ingesting 13. quality 14. groggy 15. concentration 16. potential 17. boost 18. health 19. activity 20. mindful
Matching sentence: 1. pollution 2. discoveries 3. refreshed 4. contribute 5. alert 6. potential 7. quasicrystal 8. lattice 9. nitrogen-vacancy 10. microwave

CATEGORY

1. Health - LEVEL2

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Author
aimeeyoung99