

WHAT IS BLUE LIGHT?

Do you know what blue light is? Watch the video and then answer the questions below:

1. The video is about...

- a) Infrared light
- b) White light
- c) Ultraviolet light
- d) Blue light



2. Blue light is the light that comes from

3. Spending too much time using digital devices is...

- a) good for your eyes
- b) bad for your eyes
- c) prescribed by doctors

4. If melatonin is reduced, you can suffer from

5. Blue light can also be bad for your eyes. Write a minimum of two possible consequences.

6. Name 4 good actions you can do to prevent the damage of blue light.

