



HEALTH 1

Name: _____

Grade/Section: _____

Click Red if the statement shows taking care of your eyes and blue if not.

1. Wear sunglasses on bright days.

1.

2. Read inside a moving vehicle.

2.

3. Avoid spending too much time looking at the computer screen.

3.

4. Carrots are helpful in maintaining healthy eyes.

4.

5. Exercise your eyes.

5.

6. Our eyes are the part of our body that help us see everything around us.

6.

7. Read in dim light.

7.

8. The eyes are our windows to the world.

8.

9. Look directly at bright light.

9.

10. Do not expose the eyes to the sun's rays.

10.

11. Our eyes are very precious, we have to take care of them.

11.

12. Turn on the light when it's getting dark.

12.