



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. | ☐ |