CHOOSING THE BEST SHADES

Read the text and fill in the blanks with an appropriate word.

Most of us buy a new pair (1) _____ fashionable sunglasses each year. To be honest, we probably (2) _____ more thought into looking cool than we do into ensuring that the glasses match our needs.

It seems an obvious thing to say, (3) _____ the main role of sunglasses isn't actually to enhance your image. It is rather to protect your eyes from the potentially harmful rays o the sun. What's (4) _____, price isn't necessarily the best guide (5) _____ the effectiveness of sunglasses. Indeed, expensive designer glasses may not provide the effectiveness of sunglasses. Indeed, expensive designer glasses may not provide the best defense against sun damage. (6) _____ you may still want to choose a pair of sunglasses that look good on you, it's also crucial to check out just how effective they will be in protecting your eyes.

There are three types of light (7) _____ can harm the human eye. They are known (8) _____ ultra-violet light, visible light and infra-red light. If you (9) _____ the choice of sunglasses seriously, then you will want to protect yourself against all three.

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