

Your Eyes and How You See

1. Explain how the eye works:

1. _____

2. _____

3. _____

4. _____

Protecting Your Vision

2. Whenever you are outside in the _____, it is important to wear sunglasses.

3. Good sunglasses will protect your eyes from any flying debris in the air, such as bugs, dirt, and gravel, and harmful _____ rays that can damage the shape of the cornea.

Eye Strain

4. _____ strain is a form of fatigue that happens to your eyes when they have to focus on a close-up object for long periods of time.

Common Problems With Vision

5. Fill in the blanks with the correct common vision problem.

_____ : Can clearly see objects that are up close but have a harder time seeing objects in the distance

_____ : A condition where light focuses behind the retina and objects that are up close are hard to see clearly

_____ : Occurs when the light is not focused evenly on the retina. This makes objects appear blurry or distorted.

_____ : The lens of the eye becomes stiffer, causing light to be less focused and objects up close harder to see

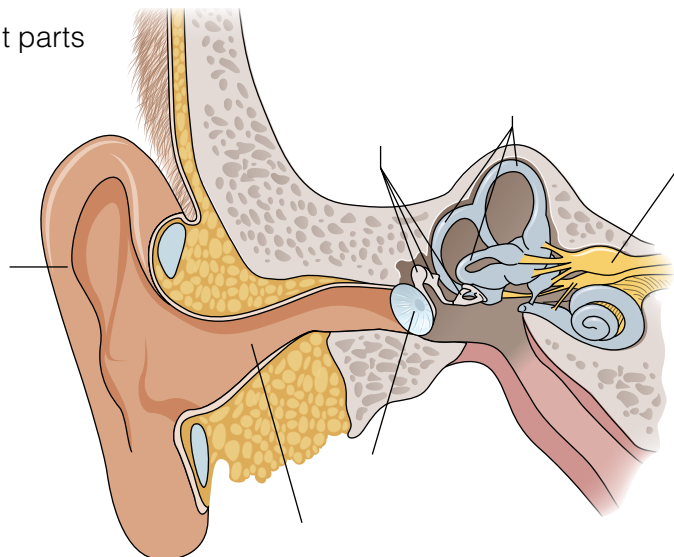
_____ : A color vision deficiency that keeps a person from seeing colors in the way most people do

_____ : Caused by expanded blood vessels on the surface of the eye that are irritated or infected

_____ : Means that a person has a hard time seeing in the dark

Your Ears and How You Hear

6. In the diagram, identify the different parts of the ear.



Protecting Your Hearing

- 7. If you lose all or part of your hearing, it is unlikely that you will ever get it _____.
- 8. Most hearing loss is _____.
- 9. Hearing _____ can help restore some hearing in many situations.
- 10. What are two ways you can protect your hearing at a concert?

- 11. Even a _____ exposure to a loud noise can damage the ear and result in some hearing loss.
- 12. It is also important not to stick _____ into the ears because you might puncture or damage the eardrum.

Common Problems With Hearing

- 13. Identify the type of hearing loss described.

Sound is not transmitted into the inner ear and is caused by damage to the eardrum, such as a rupture or tear

Damage to the auditory nerve itself so that sound information from the inner ear is not passed to the brain properly

- 14. _____ is a common hearing problem described as a ringing, buzzing, or other sound present in the ear.

Social Norms and Hearing and Visual Behaviors

- 15. Name two examples of social norms.

- 1. _____
- 2. _____

- 16. May keep people from wanting to _____ about, _____ themselves against, or seek help for vision or hearing problems.