
词汇: eye health 眼部健康

How's your **eyesight**? From the moment we're born, our eyes grow, our **vision** becomes clearer and some of us will have normal or even **20:20 vision**. However, others will become **short-sighted** and end up **wearing glasses** or **contact lenses** to help them see everything clearly. And some experts claim that more of us will be wearing them in the future because of our lifestyle when we were younger.

Even today, **optometrists** are reporting a rise in short-sightedness – also called **myopia** – in children. The condition can be **genetic**, but it's also partly being blamed on a number of modern-day factors – particularly children staring at phone screens, computers and game consoles for long periods of time. It's believed myopia also makes them susceptible to **secondary eye conditions** such as **glaucoma**, **retinal detachment** and other **visual impairments** later in life.

Of course, children have had increased **screen time** due to lockdowns imposed during the Covid pandemic – it's been the only way to access education and communicate with others. But education generally could be blamed for the rise in myopia. Neema Ghorbani-Mojarrad, lecturer at the University of Bradford, told BBC Future website: "We suspect it is reading and spending more time indoors. Every year of education completed increases the expected amount of short-sightedness."

The problem appears to be more severe in some Asian countries. Some experts say that in these places with huge educational success, children spend more time indoors studying. Therefore, it seems, spending more time outdoors could be good for children's eye health. The UK's College of Optometrists is suggesting parents should get their kids playing outside for two hours a day. Several scientific studies show this can prevent or stop the development of myopia.

There's been a focus on using technology, such as **laser surgery**, for fixing myopia, but for children at least, it seems a dose of daylight and a break from the screen might be part of the solution. **Opticians** also recommend kids have regular **eye tests** to identify any problems before they become more severe.

词汇表

eyesight	视力
vision	视力, 视觉
20:20 vision	正常裸眼视力
short-sighted	近视的
wear glasses	戴眼镜
wear contact lenses	戴隐形眼镜
optometrist	验光师, 配镜师
myopia	近视
genetic	基因遗传的
secondary eye condition	继发性眼病
glaucoma	青光眼
retinal detachment	视网膜脱离
visual impairment	视觉障碍
screen time	(看电视、电脑、手机等的) 屏幕时间
laser surgery	激光手术
optician	配镜师, 眼镜销售员
eye test	视力测试

测验与练习

1. 阅读课文并回答问题。

1. Give a modern-day factor that might cause children to be short-sighted.

2. True or false? *Spending time indoors can be bad for children's eyesight.*

3. True or false? *Spending fewer years in education means you are more likely to develop short-sightedness.*

4. Why do some experts suggest countries with huge educational success have more short-sighted children?

5. What should children do to help identify any eye problems before they become more severe?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The fact that everyone in the family is tall must be _____.

genes	genetical	genetic	genetics
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2. You need to cut down on your _____ and go out for a walk.

eyesight	glaucoma	screen time	glasses
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3. We need to _____ on the current task before trying to do the next one!

focus	focussing	focuss	focussed
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4. I think I must be _____ – I can't read the road sign without my glasses.

visual impairment	myopia	20:20 vision	short-sighted
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5. The _____ has prescribed me a new pair of glasses.

eye health	eye test	optician	glaucoma
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答案

1. 阅读课文并回答问题。

1. Give a modern-day factor that might cause children to be short-sighted.

Children staring at phone screens, computers and games consoles for long periods of time might cause them to become short-sighted.

2. True or false? *Spending time indoors can be bad for children's eyesight.*

True. The UK's College of Optometrists suggest children being outside for two hours a day is proven to prevent or stop the development of myopia.

3. True or false? *Spending fewer years in education means you are more likely to develop short-sightedness.*

False. Neema Ghorbani-Mojarrad, lecturer at the University of Bradford, said "Every year of education completed increases the expected amount of short-sightedness."

4. Why do some experts suggest countries with huge educational success have more short-sighted children?

Because children spend more time indoors studying.

5. What should children do to help identify any eye problems before they become more severe?

Opticians recommend children have regular eye tests to identify any problems before they become more severe.

2. 选择意思恰当的单词或词组来完成下列句子。

1. The fact that everyone in the family is tall must be **genetic**.

2. You need to cut down on your **screen time** and go out for a walk.

3. We need to **focus** on the current task before trying to do the next one!

4. I think I must be **short-sighted** – I can't read the road sign without my glasses.

5. The **optician** has prescribed me a new pair of glasses.