LESSON 2.2 Healthy Vision and Hearing Note-Taking Guide

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.

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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

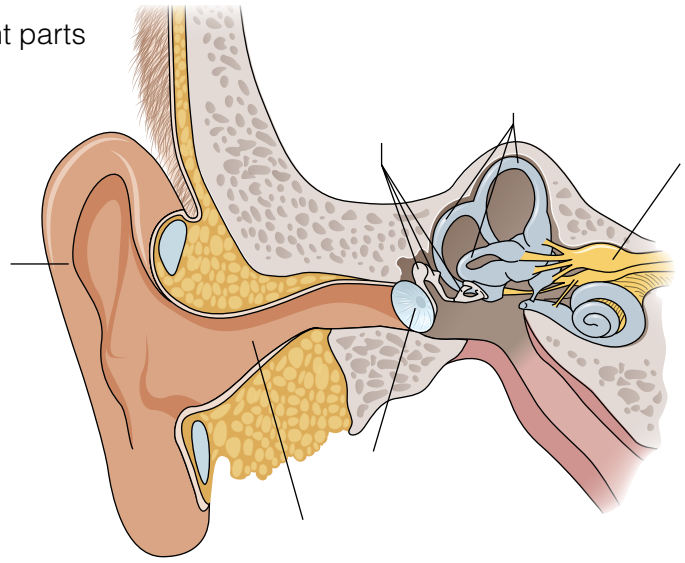
_____: A color vision deficiency that keeps a person from seeing colors in the way most people do

_____: 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.



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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.

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