

Your Eyes and How You See

1. Your eyes function similarly to how the _____ on your cell phone works.
2. The eyes take in _____ from whatever you are looking at and pass the light to the back of your eye.
3. The back of your eye captures the image and sends the information to your _____, where you make sense of it.
4. Explain how the eye works:

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Protecting Your Vision

5. Whenever you are outside in the _____, it is important to wear sunglasses.
6. 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.
7. _____ 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, such as a computer screen.

Common Problems With Vision

8. 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

- Your hearing allows you to _____ to your favorite music, dance, and talk to your friends and helps you maintain your equilibrium, or balance.
- The outer ear, or _____, is the large part of your ear that other people see. It helps to gather sound waves that then pass through the ear canal.
- The ear _____ produces earwax; it also makes the sound waves 60 times louder so that you can hear them.
- Your eardrum _____ the sound waves into the middle ear, where three small bones further vibrate the sound waves into the cochlea in the inner ear.
- The _____ is a spiral tube that looks like a very small seashell. It is covered in nerve cells that convert the vibrations into nervous impulses.

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14. These impulses travel down the _____ nerve to the brain, where you interpret the impulses as sounds.
15. You also have small semicircular canals in the inner ear that contain _____. These canals use the fluid to help you maintain your balance.

Protecting Your Hearing

16. If you lose all or part of your hearing, it is unlikely that you will ever get it _____.
17. Most hearing loss is _____.
18. Hearing _____ can help restore some hearing in many situations.
19. It is important to _____ your ears so that you limit the chances that you will experience hearing loss.
20. What are two ways you can protect your hearing at a concert?

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

Common Problems With Hearing

23. Identify the type of hearing loss described.

<input type="text"/>	Sound is not transmitted into the inner ear and is caused by damage to the eardrum, such as a rupture or tear
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<input type="text"/>	Damage to the auditory nerve itself so that sound information from the inner ear is not passed to the brain properly
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24. _____ is a common hearing problem described as a ringing, buzzing, or other sound present in the ear.

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Social Norms and Listening Behaviors

25. Name two examples of social norms.

1

2

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