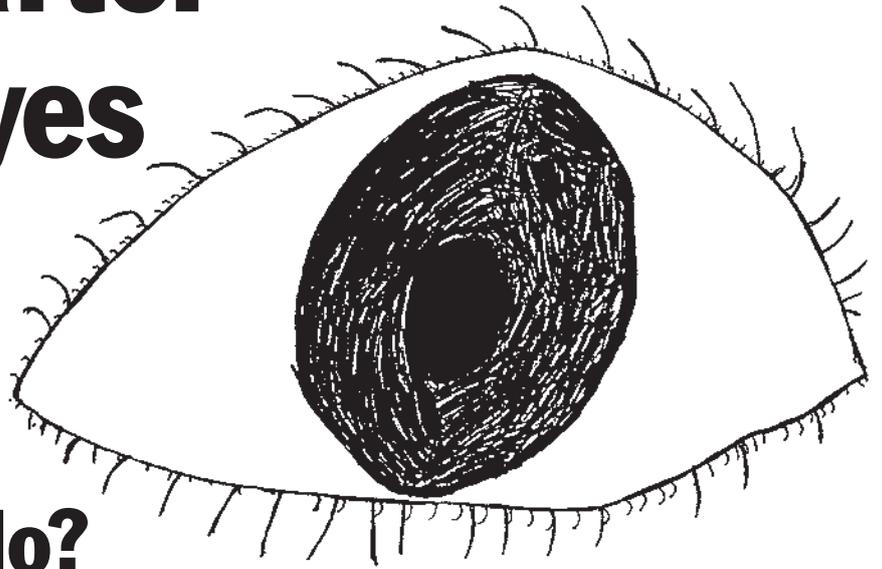


# 1 Look after your eyes



## Without eyes, what can we do?



### Class Activity

#### What do you like to see?

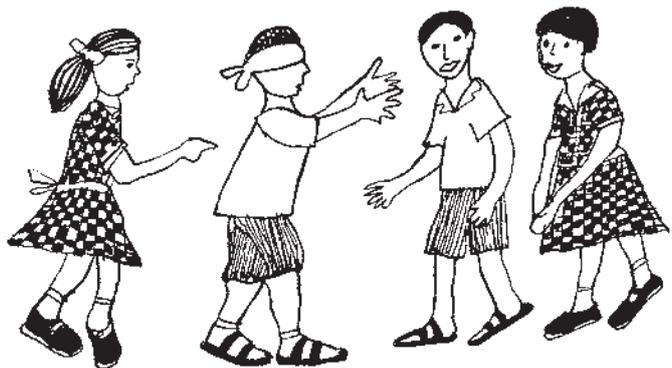
Draw a picture of all the things that you like to look at.



### Class Activity

#### What is it like to be blind?

Blindfold one person in the class. Ask him or her to walk around the room. Afterwards, talk about what it is like to see darkness. Then give other children a chance to be blindfolded.



# What do healthy eyes look like?



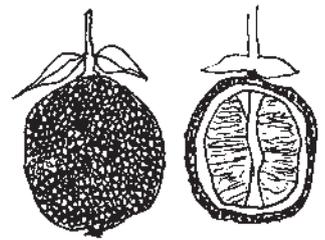
## Class Activity

### Draw an eye

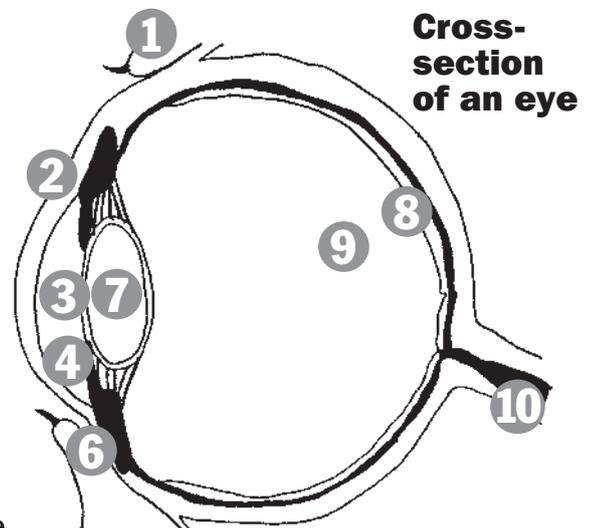
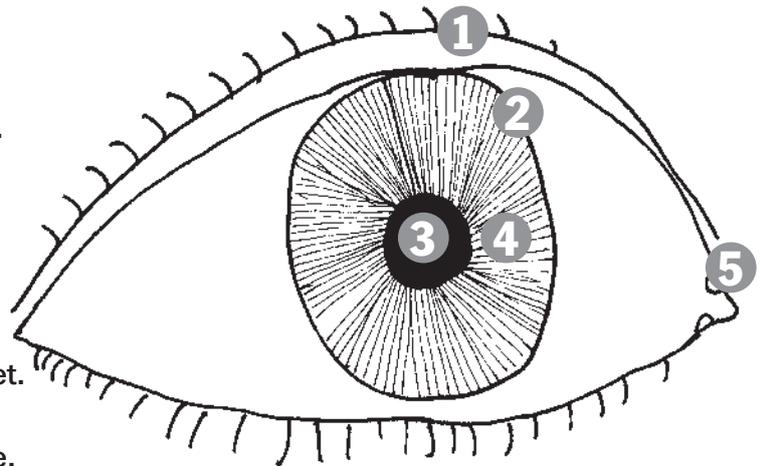
Look into your friend's eye. Draw what you see.

## The parts of the eye

When you drew your friend's eye, did you see that there are different parts in the eye? Each part has its own work to do to help you to see. Look at the pictures below and you will see what work each part of the eye does. The pictures show the eye as you see it when you look at a person and the cross-section of an eye. The cross-section helps us see what is inside. For example, the cross-section of the picture of the orange helps us to see the inside parts of the orange.



- 1 **Eyelids** are to protect the eyes
- 2 There is a clear window at the front of the coloured part of the eye. This is the **cornea**.
- 3 In the centre of the eye is a black circle. It is the **pupil**. It lets light into the eye.
- 4 The coloured part changes the size of the pupil. It is called the **iris**.
- 5 There are small holes – the **tear ducts**. Tears help to clean the eyes and keep them wet.
- 6 The **conjunctiva** is the thin, transparent tissue that covers the outer surface of the eye.
- 7 The **lens** focuses light onto the retina. In young people, the lens changes shape to be able to see close or distance things. This is called accommodation. When we grow older, the lens gradually hardens, and the eye is not able to accommodate so well.
- 8 The **retina** is the back part of the eye. It contains the cells that respond to light. These cells are called photoreceptors. They capture light rays and convert them into electrical impulses. These impulses travel along the optic nerve to the brain where they are turned into pictures.
- 9 The **vitreous** fills the center of the eye. It is a thick, transparent substance. It gives the eye its form and shape.
- 10 The **optic nerve** carries electrical impulses from the retina to the brain. It connects to the back of the eye.



**Cross-section of an eye**

# What can we do to keep our eyes healthy?



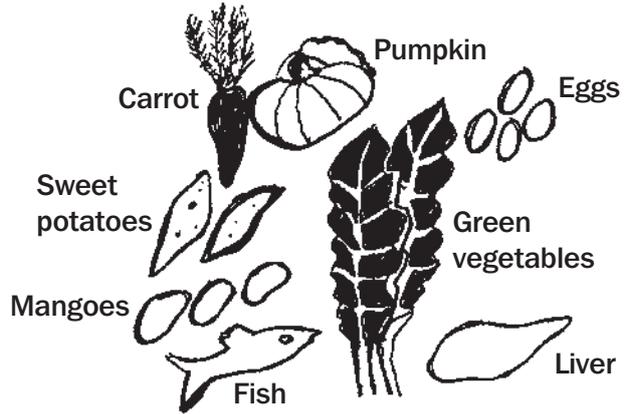
There are six things you can do to keep your eyes healthy



## Health Messages



Keep your face clean



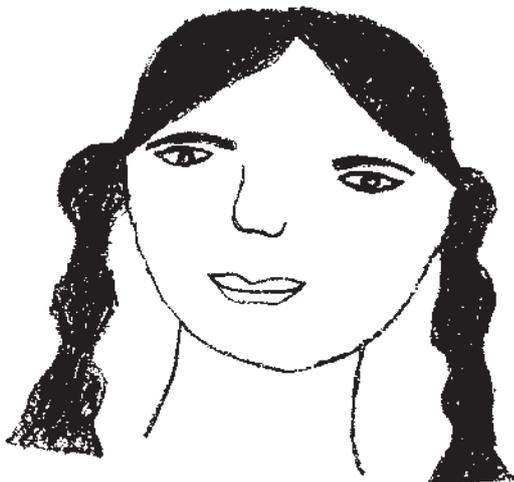
Eat good food



Immunise against measles



Go for treatment early



Get your vision checked



Do not put any medicines or anything else in your eyes without advice from a health worker

