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Level 3 – 4th July, 2020

Red light could help improve vision in old age

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<https://breakingnewsenglish.com/2007/200704-red-light.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Scientists believe they have found help for older people suffering from poor eyesight. The solution is shining a special red light in the eyes for three minutes. Doctors say a three-minute daily dose of the special red light for two weeks could help improve age-related vision problems. However, they say not any red light will help improve eyesight. The co-author of a study into the effects of red light and vision in older people explained why. Professor Glen Jeffery said: "I strongly suggest that people do not just go and buy a red light off the web. They have to produce the right wavelength and be reliable. We are looking for a commercial partner to do this and to price them at under around \$20 to \$25."

The study was carried out by a team from University College London. Researchers conducted tests on 24 men and women aged between 28 and 72. They said some cells that help us process light had deteriorated in the older people. Doctors say their red light improved the ability of these people to detect different colours, particularly blue. The vision of these older people improved by as much as 22 per cent. Doctor Jeffrey said: "Populations are ageing rapidly and this is going to be a major issue in the future. We need to gear up for this." He added: "If you can't see clearly you can't read or watch TV. You also tend to fall down and break bones. Our lights are a step in this direction."

Sources: <https://www.newsweek.com/staring-red-light-3-minutes-appears-improve-eyesight-over-40s-1514344>
<https://www.mirror.co.uk/science/staring-red-light-three-minutes-22276312>
<https://www.slashgear.com/aging-vision-significantly-improved-by-recharging-daily-with-red-light-30627085/>

WARM-UPS

1. EYESIGHT: Students walk around the class and talk to other students about eyesight. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

scientists / eyesight / solution / red light / eyes / vision / older people / wavelength / study / researchers / tests / cells / blue / population / major issue / watch TV / step

Have a chat about the topics you liked. Change topics and partners frequently.

3. SCREEN TIME: Students A **strongly** believe there should be a limit on daily screen time to protect people's eyesight; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. SENSES: How can we protect these senses? How important are they Complete this table with your partner(s). Change partners often and share what you wrote.

| | How We Can Protect Senses | Importance |
|-----------------|---------------------------|------------|
| Sight | | |
| Hearing | | |
| Taste | | |
| Touch | | |
| Smell | | |
| The sixth sense | | |

5. POOR: Spend one minute writing down all of the different words you associate with the word "poor". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. OLD AGE: Rank these with your partner. Put the biggest problems we suffer in our old age at the top. Change partners often and share your rankings.

- Poor eyesight
- Lost hearing
- Bad back
- Wrinkles
- Memory loss
- Weaker muscles
- Lost teeth
- Loss of bladder control

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|---|
| 1. believe | a. Having a lot of pain. |
| 2. suffering | b. Say something for people to think about. |
| 3. solution | c. An amount of a medicine or drug taken or recommended to be taken at a particular time. |
| 4. dose | d. The answer to something. |
| 5. suggest | e. Accept something as true; feel sure of the truth of something. |
| 6. web | f. Always good in quality or performance; able to be trusted. |
| 7. reliable | g. The Internet. |

Paragraph 2

- | | |
|------------------|--|
| 8. conducted | h. An important topic or problem for debate or discussion. |
| 9. process | i. Did; carried out. |
| 10. deteriorated | j. Find or sense that something is there. |
| 11. improved | k. A course or way along which someone or something moves. |
| 12. detect | l. Became slowly worse. |
| 13. issue | m. Got better. |
| 14. direction | n. A series of actions or steps to do something. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Scientists have a solution for everyone with eye problems. **T / F**
- b. Looking at a red light for three minutes could help vision in the aged. **T / F**
- c. A doctor said people could buy any red light on the Internet. **T / F**
- d. The red lights could cost between \$20 to \$25. **T / F**
- e. The study was conducted by a university in London. **T / F**
- f. The red light could help people see the colour blue better. **T / F**
- g. The eyesight of people in the study improved by 22%. **T / F**
- h. A doctor said old people tend to fall over and break bones. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|------------------------|-----------------|
| 1. believe | a. move |
| 2. suffering | b. get better |
| 3. dose | c. conducted |
| 4. improve | d. sense |
| 5. reliable | e. experiencing |
| 6. carried out | f. quickly |
| 7. deteriorated | g. measure |
| 8. detect | h. trustworthy |
| 9. rapidly | i. got worse |
| 10. step | j. think |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|------------------------------------|------------------------|
| 1. help for older people suffering | a. dose |
| 2. The solution is shining | b. different colours |
| 3. a three-minute daily | c. partner |
| 4. buy a red light | d. up for this |
| 5. We are looking for a commercial | e. a special red light |
| 6. detect | f. in this direction |
| 7. Populations are ageing | g. off the web |
| 8. We need to gear | h. from poor eyesight |
| 9. You also tend to fall down | i. rapidly |
| 10. Our lights are a step | j. and break bones |

GAP FILL

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Scientists believe they have found (1) _____ for older people suffering from poor eyesight. The solution is (2) _____ a special red light in the eyes for three minutes. Doctors say a three-minute daily dose of the special red light for two weeks could help (3) _____ age-related vision problems. However, they say not any red light will help improve (4) _____. The co-author of a study into the effects of red light and vision in older people explained (5) _____. Professor Glen Jeffery said: "I strongly suggest that people do not just go and buy a red light off the (6) _____. They have to produce the right wavelength and be (7) _____. We are looking for a commercial partner to do this and to price them at (8) _____ around \$20 to \$25."

why
help
under
improve
reliable
shining
eyesight
web

The study was (9) _____ out by a team from University College London. Researchers conducted tests on 24 men and women (10) _____ between 28 and 72. They said some cells that help us process light had (11) _____ in the older people. Doctors say their red light improved the ability of these people to detect different colours, (12) _____ blue. The vision of these (13) _____ people improved by as much as 22 per cent. Doctor Jeffrey said: "Populations are ageing (14) _____ and this is going to be a major issue in the future. We need to (15) _____ up for this." He added: "If you can't see clearly you can't read or watch TV. You also tend to fall down and break bones. Our lights are a (16) _____ in this direction."

aged
rapidly
particularly
carried
step
deteriorated
gear
older

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

- 1) Scientists believe they have found help for older _____
 - a. people surfing
 - b. people sufferance
 - c. people suffer in
 - d. people suffering
- 2) Doctors say a three-minute daily _____ special red light
 - a. does of the
 - b. dose of the
 - c. doss of the
 - d. douse of the
- 3) However, they say not any red light will _____
 - a. help improve eyesight
 - b. help improves eyesight
 - c. help improved eyesight
 - d. help in prove eyesight
- 4) co-author of a study into the effects of red light and vision in older _____
 - a. people explain why
 - b. people explains why
 - c. people explaining why
 - d. people explained why
- 5) We are looking for a commercial partner _____
 - a. to do this
 - b. to do these
 - c. to do those
 - d. to do theses
- 6) Researchers conducted tests on 24 men and women _____ and 72
 - a. ageing between 28
 - b. ages between 28
 - c. age between 28
 - d. aged between 28
- 7) They said some cells that help us process light had deteriorated in _____
 - a. the olden people
 - b. the olds people
 - c. the older people
 - d. the oldies people
- 8) Doctors say their red light improved the ability _____
 - a. oft these people
 - b. of these people
 - c. off these people
 - d. offer these people
- 9) Populations are ageing rapidly and this is going to be _____
 - a. a majors issue
 - b. a major issue
 - c. a majored issue
 - d. a majority issue
- 10) You also tend to fall down and break bones. Our lights are a step _____
 - a. in this direction
 - b. on this direction
 - c. pin this direction
 - d. upon this direction

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Scientists believe they have found (1) _____ people suffering from poor eyesight. The solution (2) _____ special red light in the eyes for three minutes. Doctors say a three-minute (3) _____ the special red light for two weeks could help improve age-related vision problems. However, they say not any red light will help improve eyesight. The co-author of a study into the effects of red (4) _____ in older people explained why. Professor Glen Jeffery said: "I strongly suggest that people do not just go and buy a red light off the web. They have to (5) _____ wavelength and be reliable. We are looking for a commercial partner to do this and to price them (6) _____ \$20 to \$25."

The study was (7) _____ a team from University College London. Researchers conducted tests on 24 men and women aged between 28 and 72. They said some cells that (8) _____ light had deteriorated in the older people. Doctors say their red light improved the ability of these (9) _____ different colours, particularly blue. The vision of these older people improved by as much as 22 per cent. Doctor Jeffrey said: "Populations (10) _____ and this is going to be a major issue in the future. We need to gear up for this." He added: "If you can't see clearly you can't read or watch TV. You (11) _____ fall down and break bones. Our lights are a step (12) _____."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

1. How many minutes a day will people have to look at the red light?
2. For how many weeks will people have to look at the red light?
3. Where did a professor discourage people from buying red lights?
4. What do the red lights have to produce to work well?
5. How much might the red lights sell for?
6. What university carried out the research?
7. What did researchers say had deteriorated in older people?
8. By how much did the red light improve the eyesight of older people?
9. What did a doctor say populations were doing rapidly?
10. What did the doctor say people who can't see clearly tend to do?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

- 1) How many minutes a day will people have to look at the red light?
 - a) two
 - b) three
 - c) five
 - d) four
- 2) For how many weeks will people have to look at the red light?
 - a) five
 - b) four
 - c) three
 - d) two
- 3) Where did a professor discourage people from buying red lights?
 - a) auction sites
 - b) DIT shops
 - c) the web
 - d) electricity stores
- 4) What do the red lights have to produce to work well?
 - a) the right wavelength
 - b) deep reds
 - c) all varieties of red
 - d) omega 3
- 5) How much might the red lights sell for?
 - a) \$9.99
 - b) around \$22
 - c) \$9.95
 - d) just over \$25
- 6) What university carried out the research?
 - a) University College London
 - b) MIT
 - c) Tokyo
 - d) UCLA
- 7) What did researchers say had deteriorated in older people?
 - a) colours
 - b) cognition
 - c) cells
 - d) bank balances
- 8) By how much did the red light improve the eyesight of older people?
 - a) 22%
 - b) 28%
 - c) 33%
 - d) 8%
- 9) What did a doctor say populations were doing rapidly?
 - a) going for walks
 - b) staring at screens
 - c) watching more movies
 - d) ageing
- 10) What did the doctor say people who can't see clearly tend to do?
 - a) get depressed
 - b) read less
 - c) fall down and break bones
 - d) wear bigger glasses

ROLE PLAY

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Role A – Poor Eyesight

You think poor eyesight is the worst problem of old age. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): a bad back, memory loss or wrinkled skin.

Role B – Bad Back

You think a bad back is the worst problem of old age. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): poor eyesight, memory loss or wrinkled skin.

Role C – Memory Loss

You think memory loss is the worst problem of old age. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): a bad back, poor eyesight or wrinkled skin.

Role D – Wrinkled Skin

You think wrinkled skin is the worst problem of old age. Tell the others three reasons why. Tell them why their problems aren't as bad. Also, tell the others which is the least worrying of these (and why): a bad back, memory loss or poor eyesight.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'eye' and 'sight'.

| | |
|------------|--------------|
| eye | sight |
|------------|--------------|

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

| | |
|--|--|
| <ul style="list-style-type: none">• help• daily• any• why• web• under | <ul style="list-style-type: none">• between• process• ability• 22• gear• step |
|--|--|

EYESIGHT SURVEY

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Write five GOOD questions about eyesight in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

EYESIGHT DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'eye'?
3. How is your eyesight?
4. Do you ever worry about your eyesight?
5. What do you think of the research in the article?
6. What can people do about poor eyesight?
7. Which are better, glasses or contact lenses?
8. How can we keep our eyes healthy?
9. What do you do that might be bad for your eyes?
10. What other age-related problems do you worry about?

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EYESIGHT DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'sight'?
13. Would you buy one of the red lights for your eyes?
14. Why do young people also suffer from poor eyesight?
15. What colours do you really like looking at?
16. How will doctors improve our eyesight in the future?
17. Would you like to be able to see in the dark?
18. What problems are there with ageing populations?
19. What three adjectives best describe this story, and why?
20. What questions would you like to ask the doctors?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Scientists believe they have (1) _____ help for older people suffering from poor eyesight. The solution is shining a special red light in the eyes for three minutes. Doctors say a three-minute daily (2) _____ of the special red light for two weeks could help improve age-related (3) _____ problems. However, they say not any red light will help improve eyesight. The co-author of a study into the effects (4) _____ red light and vision in older people explained why. Professor Glen Jeffery said: "I strongly suggest that people do not just go and buy a red light off the (5) _____. They have to produce the right wavelength and be reliable. We are looking for a commercial partner to do this and to (6) _____ them at under around \$20 to \$25."

The study was carried (7) _____ by a team from University College London. Researchers conducted tests on 24 men and women aged (8) _____ 28 and 72. They said some cells that help us process light had deteriorated in the older people. Doctors say their red light improved the ability (9) _____ these people to detect different colours, particularly blue. The vision of these older people improved (10) _____ as much as 22 per cent. Doctor Jeffrey said: "Populations are ageing rapidly and this is going to be a major issue (11) _____ the future. We need to gear up for this." He added: "If you can't see clearly you can't read or watch TV. You also tend to fall down and break bones. Our lights are a (12) _____ in this direction."

Put the correct words from the table below in the above article.

- | | | | | |
|-----|--------------|-------------|---------------|------------|
| 1. | (a) fond | (b) found | (c) fund | (d) fend |
| 2. | (a) douse | (b) dose | (c) does | (d) doze |
| 3. | (a) envision | (b) visor | (c) visionary | (d) vision |
| 4. | (a) at | (b) of | (c) to | (d) by |
| 5. | (a) webbed | (b) webbing | (c) cobweb | (d) web |
| 6. | (a) worth | (b) profit | (c) price | (d) money |
| 7. | (a) out | (b) on | (c) in | (d) up |
| 8. | (a) among | (b) of | (c) between | (d) older |
| 9. | (a) on | (b) to | (c) at | (d) of |
| 10. | (a) by | (b) to | (c) of | (d) on |
| 11. | (a) in | (b) of | (c) as | (d) by |
| 12. | (a) step | (b) pace | (c) ladder | (d) stair |

SPELLING

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Paragraph 1

1. found help for older people nugfrsief
2. poor yisetehg
3. The solution is nnighsi a special red light
4. a study into the ftefcse of red light
5. produce the right gwveetnhla
6. We are looking for a lrcmeoimac partner

Paragraph 2

7. Researchers edutcndco tests on 24 men
8. cells that help us scorpse light
9. detect different colours, aaptuyrlrcil blue
10. Populations are ageing idlrpay
11. this is going to be a oajmr issue
12. Our lights are a step in this dnotrieci

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Number these lines in the correct order.

- (**1**) Scientists believe they have found help for older people suffering from poor eyesight. The solution is shining
- () The study was carried out by a team from University College London. Researchers conducted
- () buy a red light off the web. They have to produce the right wavelength and be reliable. We are
- () eyesight. The co-author of a study into the effects of red light and vision in older people explained
- () a special red light in the eyes for three minutes. Doctors say a three-minute daily dose of the special red light for
- () looking for a commercial partner to do this and to price them at under around \$20 to \$25."
- () particularly blue. The vision of these older people improved by as much as 22 per cent. Doctor Jeffrey
- () future. We need to gear up for this." He added: "If you can't see clearly you can't read or watch TV. You also tend
- () to fall down and break bones. Our lights are a step in this direction."
- () why. Professor Glen Jeffery said: "I strongly suggest that people do not just go and
- () two weeks could help improve age-related vision problems. However, they say not any red light will help improve
- () said: "Populations are ageing rapidly and this is going to be a major issue in the
- () people. Doctors say their red light improved the ability of these people to detect different colours,
- () tests on 24 men and women aged between 28 and 72. They said some cells that help us process light had deteriorated in the older

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

1. poor older eyesight . suffering people for from Help
2. special light . is shining a red solution The
3. daily dose A three-minute the of light . special
4. red Not improve help will eyesight . any light
5. partner . looking commercial for We are a
6. of ability Red people . improved light these the
7. major This going to is issue . be a
8. clearly, you read . you see If can't can't
9. also break to tend fall bones . and You
10. direction . in step lights this a are Our

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Scientists *believe / belief* they have found help for older people suffering from poor eyesight. The solution is *shinning / shining* a special red light in the eyes for three minutes. Doctors say a three-minute daily *does / dose* of the special red light for two weeks could help improve age-related *visionary / vision* problems. However, they say not *many / any* red light will help improve eyesight. The co-author of a study into the *effects / affects* of red light and vision in older people *explained / explain* why. Professor Glen Jeffery said: "I strongly *suggestive / suggest* that people do not just go and buy a red light off the web. They have to produce the *right / left* wavelength and be reliable. We are looking for a commercial partner to do this and to price them at *under / lower* around \$20 to \$25."

The study was carried *in / out* by a team from University College London. Researchers conducted tests on 24 men and women aged *among / between* 28 and 72. They said some cells that help *we / us* process light had deteriorated in the *order / older* people. Doctors say their red light improved the *ability / able* of these people to detect different colours, *particular / particularly* blue. The vision of these older people improved by as much as 22 per cent. Doctor Jeffrey said: "Populations are ageing *rapidly / rapidity* and this is going to be a major issue *in / on* the future. We need to gear up for this." He added: "If you can't see *clear / clearly* you can't read or watch TV. You also tend to fall down and break bones. Our lights are a step in this *direction / direct*."

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

S c__ n t_s t s b_l__ v_ t h_y h_v_ f__ n d h_l p f_r
_l d_r p__ p l_ s f f_r n g f r_m p__ r _y_s_g h t . T
h_ s_l_t__ n _s s h_n_n g _ s p_c__ l r_d l_g h t _n
t h_ _y_s f_r t h r__ m_n_t_s . D_c t_r s s_y _ t h
r__ - m_n_t_ d__ l y d_s_ _f t h_ s p_c__ l r_d l_g h
t f_r t w_ w__ k s c__ l d h_l p _m p r_v_ _g_
r_l_t_d v_s__ n p r_b l_m s . H_w_v_r , t h_y s_y
n_t _n y r_d l_g h t w_l l h_l p _m p r_v_ _y_s_g h t
. T h_ c_ -__ t h_r _f _ s t_d y _n t_ t h_ _f f_c t s _f
r_d l_g h t _n d v_s__ n _n _l d_r p__ p l_ _x p l__
n_d w h y . P r_f_s s_r G l_n J_f f_r y s__ d : " I
s t_r_n g l y s_g g_s t t h_t p__ p l_ d_ n_t j_s t g_
_n d b_y _ r_d l_g h t _f f t h_ w_b . T h_y h_v_
t_ p r_d_c_ t h_ r_g h t w_v_l_n g t h _n d b_ r_l__ b
l_ . W_ _r_ l__ k_n g f_r _ c_m m_r c__ l p_r t n_r
t_ d_ t h_s _n d t_ p r_c_ t h_m _t _n d_r _r__ n d
\$ 2 0 t_ \$ 2 5 . "

T h_ s t_d y w_s c_r r__ d __ t b y _ t__ m f r_m
U n_v_r s_t y C_l l_g_ L_n d_n . R_s__ r c h_r s c_n
d_c t_d t_s t s _n 2 4 m_n _n d w_m_n _g_d b_t
w__ n 2 8 _n d 7 2 . T h_y s__ d s_m_ c_l l s t
h_t h_l p _s p r_c_s s l_g h t h_d d_t_r__ r_t_d _n
t h_ _l d_r p__ p l_ . D_c t_r s s_y t h__ r r_d l_g h
t _m p r_v_d t h_ _b_l_t y _f t h_s_ p__ p l_ t_ d_t_c
t d_f f_r_n t c_l__ r s , p_r t_c_l_r l y b_l__ . T h_
v_s__ n _f t h_s_ _l d_r p__ p l_ _m p r_v_d b_y _s
m_c h _s 2 2 p_r c_n t . D_c t_r J_f f_r y s__ d :
" P_p_l_t__ n s _r_ _g__ n g r_p_d l y _n d t h_s _s
g__ n g t_ b_ _ m_j_r _s s__ _n t h_ f_t_r_ . W_
n__ d t_ g__ r _p f_r t h_s . " H_ _d d_d : " I f
y__ c_n ' t s__ c_l__ r l y y__ c_n ' t r__ d _r
w_t c h T V . Y__ _l s_ t_n d t_ f_l l d_w n _n d b
r__ k b_n_s . O_r l_g h t s _r_ _ s t_p _n t h_s
d_r_c t__ n . "

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

scientists believe they have found help for older people suffering from poor eyesight the solution is shining a special red light in the eyes for three minutes doctors say a threeminute daily dose of the special red light for two weeks could help improve agerelated vision problems however they say not any red light will help improve eyesight the coauthor of a study into the effects of red light and vision in older people explained why professor glen jeffery said i strongly suggest that people do not just go and buy a red light off the web they have to produce the right wavelength and be reliable we are looking for a commercial partner to do this and to price them at under around 20 to 25

the study was carried out by a team from university college london researchers conducted tests on 24 men and women aged between 28 and 72 they said some cells that help us process light had deteriorated in the older people doctors say their red light improved the ability of these people to detect different colours particularly blue the vision of these older people improved by as much as 22 per cent doctor jeffrey said populations are ageing rapidly and this is going to be a major issue in the future we need to gear up for this he added if you cant see clearly you cant read or watch tv you also tend to fall down and break bones our lights are a step in this direction

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2007/200704-red-light.html>

Scientists believe they have found help for older people suffering from poor eyesight. The solution is shining a special red light in the eyes for three minutes. Doctors say a three-minute daily dose of the special red light for two weeks could help improve age-related vision problems. However, they say not any red light will help improve eyesight. The co-author of a study into the effects of red light and vision in older people explained why. Professor Glen Jeffery said: "I strongly suggest that people do not just go and buy a red light off the web. They have to produce the right wavelength and be reliable. We are looking for a commercial partner to do this and to price it at around \$20 to \$25." The study was carried out by a team from University College London. Researchers conducted tests on 24 men and women aged between 28 and 72. They said some cells that help us process light had deteriorated in the older people. Doctors say their red light improved the ability of these people to detect different colours, particularly blue. The vision of these older people improved by as much as 22 percent. Doctor Jeffery said: "Populations are ageing rapidly and this is going to be a major issue in the future. We need to gear up for this." He added: "If you can't see clearly you can't read or watch TV. You also tend to fall down and break bones. Our lights are a step in this direction."

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. EYESIGHT: Make a poster about eyesight. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SCREEN TIME: Write a magazine article about putting a legal limit on the hours of daily screen to help protect our eyesight. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on eyesight. Ask him/her three questions about it. Give him/her three of your ideas on how we can protect our eyesight. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. e 2. a 3. d 4. c 5. b 6. g 7. f
8. i 9. n 10. l 11. m 12. j 13. h 14. k

TRUE / FALSE (p.5)

- a F b T c F d T e T f T g T h F

SYNONYM MATCH (p.5)

| | | | | |
|------|------|------|------|-------|
| 1. j | 2. e | 3. g | 4. b | 5. h |
| 6. c | 7. i | 8. d | 9. f | 10. a |

COMPREHENSION QUESTIONS (p.9)

- Three
- Two
- The web
- The right wavelength
- Under around \$20 to \$25
- University College London
- Cells
- As much as 22%
- Ageing
- Fall down and break bones

WORDS IN THE RIGHT ORDER (p.20)

- Help for older people suffering from poor eyesight.
- The solution is shining a special red light.
- A three-minute daily dose of the special light.
- Not any red light will help improve eyesight.
- We are looking for a commercial partner.
- Red light improved the ability of these people.
- This is going to be a major issue.
- If you can't see clearly, you can't read.
- You also tend to fall and break bones.
- Our lights are a step in this direction.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. c 4. a 5. b 6. a 7. c 8. a 9. d 10. c

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)