

Grapes are good for our eyesight

19th October 2023



Everybody knows that eating carrots is good for our eyesight. A new study suggests that grapes are also good for our eyes. Researchers from the National University of Singapore have found that eating just a few grapes a day can improve our vision.

This is especially so for people who are older. Dr Eun Kim, the lead researcher, said: "Our study is the first to show that grape consumption beneficially impacts eye health in humans, which is very exciting, especially with a growing, ageing population." Dr Kim added that, "grapes are an easily accessible fruit that studies have shown can have a beneficial impact" on our eyesight. This is good news for people who don't really like carrots.

The study is published in the journal "Food & Function". Thirty-four adults took part in a series of experiments over 16 weeks. Half of the participants ate one-and-a-half cups of grapes per day; the other half ate a placebo snack. Dr Kim did not tell the participants or the researchers whether she was testing the grapes or the snack. She thought that not revealing this information would give better test results. She found that people who ate the grapes had improved muscle strength around the retina. The retina passes information about light to the brain via electrical signals. It protects the eyes from damaging blue light. A lot of blue light comes from computer and smartphone screens, and from LED lights.

Sources: nypost.com / yahoo.com / express.co.uk

Writing

We should all eat grapes or carrots every day. Discuss.

Chat

Talk about these words from the article.

carrots / eyesight / grapes / vision / older people / researcher / health / humans / study / journal / experiment / snack / information / muscle / strength / blue / light

True / False

- 1) The article says most people know carrots are good for our eyesight. T / F
- 2) The researchers are from a university in Singapore. T / F
- 3) Researchers say 10 grapes a day will help our eyesight. T / F
- 4) The article says most people don't like carrots. T / F
- 5) Sixteen people took part in an experiment for 34 weeks. T / F
- 6) Test participants didn't know if a snack or grapes were being tested. T / F
- 7) People who ate grapes developed stronger muscles in their eyes. T / F
- 8) Damaging red light comes from computer screens. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. eyesight | a. effect |
| 2. found | b. showing |
| 3. especially | c. advantage |
| 4. benefit | d. discovered |
| 5. impact | e. tests |
| 6. took part | f. vision |
| 7. experiments | g. safeguards |
| 8. revealing | h. particularly |
| 9. protects | i. harmful |
| 10. damaging | j. participated |

Discussion – Student A

- a) What do you think about what you read?
- b) What do you think of grapes?
- c) Would you like to read the journal article?
- d) Can you eat one-and-a-half cups of grapes a day?
- e) What do you know about the human eye?
- f) What do you know about blue light?
- g) Should we limit our screentime?
- h) What questions would you like to ask the researchers?

Phrase Match

- | | |
|--------------------------------------|------------------------------|
| 1. A new study suggests | a. for people who are older |
| 2. just a few grapes | b. placebo snack |
| 3. This is especially so | c. series of experiments |
| 4. a growing, ageing | d. damaging blue light |
| 5. good news for people who | e. a day |
| 6. Thirty-four adults took part in a | f. population |
| 7. one-and-a-half | g. strength |
| 8. the other half ate a | h. that grapes are also good |
| 9. improved muscle | i. don't really like carrots |
| 10. protects the eyes from | j. cups of grapes per day |

Discussion – Student B

- How healthy are carrots?
- What can we do to take care of our eyes?
- What's your eyesight like?
- Will you now eat more grapes?
- What other food is good for our eyes?
- What do you think of grapes?
- What is your favourite fruit and why?
- What happens to our eyes as we age?

Spelling

- A new study ugssegts that
- rpmoive our vision
- the lead aserehcrer
- grape nmsupcitoon
- an easily csescibale fruit
- have a niefecibal impact
- The study is published in the ournjal
- a esires of experiments
- Half of the ritiapapcnts
- not averlieng this information
- ucsmle strength around the retina
- It rotecpts the eyes

Answers – Synonym Match

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

Role Play

Role A – Grapes

You think grapes are the best fruit. Tell the others three reasons why. Tell them what is wrong with their fruit. Also, tell the others which is the least tasty and useful of these (and why): apples, bananas or blueberries.

Role B – Apples

You think apples are the best fruit. Tell the others three reasons why. Tell them what is wrong with their fruit. Also, tell the others which is the least tasty and useful of these (and why): grapes, bananas or blueberries.

Role C – Bananas

You think bananas are the best fruit. Tell the others three reasons why. Tell them what is wrong with their fruit. Also, tell the others which is the least tasty and useful of these (and why): apples, grapes or blueberries.

Role D – Blueberries

You think blueberries are the best fruit. Tell the others three reasons why. Tell them what is wrong with their fruit. Also, tell the others which is the least tasty and useful of these (and why): apples, bananas or grapes.

Speaking – Fruit

Rank these with your partner. Put the best fruit at the top. Change partners often and share your rankings.

- | | |
|-----------|----------------|
| • Grapes | • Pineapples |
| • Apples | • Strawberries |
| • Bananas | • Cherries |
| • Kiwis | • Blueberries |

Answers – True False

1	F	2	T	3	F	4	F	5	F	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.