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Level 2 – 4th July, 2020

Red light could help improve vision in old age

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<https://breakingnewsenglish.com/2007/200704-red-light-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2007/200704-red-light-2.html>

Scientists say they have help for older people with poor eyesight. That is shining a red light in the eyes for three minutes. Doctors say three minutes of the red light every day for two weeks could help make older people see better. Not any red light will improve eyesight. A researcher looked at the effects of red light and vision in older people. He 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...around \$20."

Researchers from University College London conducted tests on 24 men and women aged between 28 and 72. They found that cells used to process light deteriorated in the older people. With the red light, these people could see different colours better. The older people's sight got better by 22 per cent. A doctor 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/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2007/200704-red-light-2.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|-------------------|
| 1. they have help for | a. for two weeks |
| 2. poor | b. partner |
| 3. every day | c. the web |
| 4. help make older people | d. at around \$20 |
| 5. buy a red light off | e. older people |
| 6. They have to produce the right | f. see better |
| 7. We are looking for a commercial | g. wavelength |
| 8. price them | h. eyesight |

PARAGRAPH TWO:

- | | |
|--------------------------------|------------------------|
| 1. conducted tests | a. or watch TV |
| 2. cells used to process | b. bones |
| 3. this is going to be a major | c. on 24 men |
| 4. We need to gear | d. direction |
| 5. If you can't | e. issue in the future |
| 6. you can't read | f. light |
| 7. fall down and break | g. see clearly |
| 8. a step in this | h. up for this |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2007/200704-red-light-2.html>

Scientists say they (1) _____ older people with poor eyesight. That is (2) _____ light in the eyes for three minutes. Doctors say three minutes of the red light every day for two weeks could help make older (3) _____. Not any red light will improve eyesight. A researcher looked at (4) _____ red light and vision in older people. He said: "I strongly suggest that people do not just go and buy a red light (5) _____. They have to produce the right wavelength and be reliable. We are looking for a commercial partner to do this and (6) _____ at...around \$20."

Researchers from University College London (7) _____ 24 men and women aged between 28 and 72. They found that cells used (8) _____ deteriorated in the older people. With the red light, these people (9) _____ colours better. The older people's sight got better by 22 per cent. A doctor said: "Populations are ageing rapidly and this is going to be (10) _____ 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 (11) _____ down and break bones. Our lights are a step (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2007/200704-red-light-2.html>

Scientistssaytheyhavehelpforolderpeoplewithpooreyesight.Thatisshiningaredlightintheeyesforthreeminutes.Doctorsaythreeminutesoftheredlighteverydayfortwoweekscouldhelpmakeolderpeopleseebetter.Notanyredlightwillimproveeyesight.Aresearcherlookedattheeffectsofredlightandvisioninolderpeople.Hesaid:"Istronglysuggestthatpeopledonotjustgoandbuyaredlightofftheweb.Theyhavetoproducerightwavelengthandbereliable.Wearelookingforacommercialpartnertodothisandtopricethemat...around\$20."ResearchersfromUniversityCollegeLondonconductedtestson24menandwomenagedbetween28and72.Theyfoundthatcellsthatprocesslightdeterioratedintheolderpeople.Withtheredlight,thesepeoplecouldseedifferentcoloursbetter.Theolderpeople'ssightgotbetterby22percent.Adoctorsaid:"Populationsareageingrapidlyandthisisgoingtobeamajorissueinthefuture.Weneedtogearupforthis."Headded:"Ifyoucan'tseeclearlyyoucan'treadorwatchTV.Youalsotendtofalldownandbreakbones.Ourlightsareastepinthisdirection."

EYESIGHT SURVEY

From <https://breakingnewsenglish.com/2007/200704-red-light-4.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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2007/200704-red-light-2.html>

Write about **eyesight** for 10 minutes. Read and talk about your partner's paper.
