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**Level 1** – 4th July, 2020

## Red light could help improve vision in old age

**FREE** online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2007/200704-red-light-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2007/200704-red-light-1.html>

Scientists say they can help the eyes of older people. They say that looking at a red light for three minutes a day for two weeks could make them see better. A researcher looked at how red light could help older people see better. 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...partner to do this and to price them at...around \$20."

Researchers did tests on 24 people aged between 28 and 72. They found that eye cells used to see light were worse in the older people. The red light helped the older people to see different colours better. Their sight got better by 22 per cent. A doctor said poorer eyesight will be a big problem in the future. He said we need to get ready for this, because: "If you can't see clearly you can't read or watch TV. You also...fall down and break bones."

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-1.html>

## PARAGRAPH ONE:

- |                             |                       |
|-----------------------------|-----------------------|
| 1. looking at a red light   | a. see better         |
| 2. A researcher looked at   | b. for a partner      |
| 3. help older people        | c. for three minutes  |
| 4. strongly suggest         | d. the web            |
| 5. buy a red light off      | e. around \$20        |
| 6. They have to produce the | f. that people do not |
| 7. We are looking           | g. right wavelength   |
| 8. price them at            | h. how                |

## PARAGRAPH TWO:

- |                            |                   |
|----------------------------|-------------------|
| 1. eye cells used          | a. to see         |
| 2. worse in the older      | b. or watch TV    |
| 3. helped the older people | c. ready for this |
| 4. poorer eyesight will be | d. bones          |
| 5. He said we need to get  | e. a big problem  |
| 6. If you can't            | f. people         |
| 7. you can't read          | g. see clearly    |
| 8. fall down and break     | h. to see light   |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2007/200704-red-light-1.html>

Scientists say (1) \_\_\_\_\_ the eyes of older people. They say that looking at (2) \_\_\_\_\_ for three minutes a day for two weeks could make (3) \_\_\_\_\_. A researcher looked at how red light could help older people see better. He said: "(4) \_\_\_\_\_ that people do not just go and buy a red light off the web. They have to (5) \_\_\_\_\_ wavelength (6) \_\_\_\_\_. We are looking for a...partner to do this and to price them at...around \$20."

Researchers (7) \_\_\_\_\_ 24 people aged between 28 and 72. They found that (8) \_\_\_\_\_ to see light were worse in the older people. The (9) \_\_\_\_\_ the older people to see different colours better. Their sight got better by 22 per cent. A (10) \_\_\_\_\_ eyesight will be a big problem in the future. He said we need to (11) \_\_\_\_\_ this, because: "If you can't see clearly you can't read or watch TV. You also...fall down (12) \_\_\_\_\_."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2007/200704-red-light-1.html>

Scientists say they can help the eyes of older people. They say that looking at red light for three minutes a day for two weeks could make them see better. A researcher looked at how red light could help older people see better. 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... partner to do this and to price them at... around \$20." Researchers did tests on 24 people aged between 28 and 72. They found that eye cells used to see light were worse in the older people. The red light helped the older people to see different colours better. Their sight got better by 22 percent. A doctor said poor eyesight will be a big problem in the future. He said we need to get ready for this, because: "If you can't see clearly you can't read or watch TV. You also... fall down and break bones."

# 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) \_\_\_\_\_

