



Solutions

Cornea Curling Crossword

¹ P	R	O	T	E	C	² T		³ R		
U						E		I		
P		⁴ E		⁵ B	R	A	I	N		
I		X				R		S		
⁶ L	E	A	R	N		⁷ S	E	E		
		M			⁸ L					
⁹ B	L	I	N	K	I	N	¹⁰ G		¹¹ H	
A		N				G		¹² E	Y	E
L		E				H		L		L
L			¹³ H	I	T					P

Eye Twisting Find-a-Word

P	P	V	I	S	U	A	L	R	O
U	T	E	C	N	E	R	V	E	M
P	T	S	Y	O	X	U	R	Y	U
I	E	Y	E	L	A	S	H	E	S
L	R	E	Y	E	M	E	O	L	C
L	S	I	A	N	I	D	P	I	L
Y	E	O	S	U	N	D	T	D	E
I	M	A	G	E	E	R	I	S	S
V	I	B	R	A	I	N	C	R	S
R	E	T	I	N	A	I	O	N	T

Answer: Protect your eyes and your vision.

Eye Chart – Word Making

The 11-letter word is: optometrist



Read It, Answer It Solutions

1. An optometrist will examine your eyes, do a series of simple tests, and may provide solutions such as eye exercises or glasses that can help you see better.
2. The five in-built protectors that help keep your eyes safe from injury include:
 - bony sockets protect your eyes from being hit
 - eyebrows act as lampshades
 - eyelashes
 - eyelids prevent dust from entering the eyes
 - tears help keep eyes moist and wash away anything that irritates them.
3. It carries visual messages between the retina and the brain.
4. The two items you can wear when playing sport to help protect your eyes from injury are:
 - wrap-around eyewear for sports such as cricket and soccer
 - a clear polycarbonate facemask or wire shield for protection for cricket and hockey games.
5. To keep your eyes healthy include plenty of vegetables, fruits, nuts and fish in your diet because they have important nutrients such as antioxidants, Vitamin A and omega-3s.
6. When outside, you should wear sunglasses and a broad-brimmed hat to reduce UV exposure to your eyes.
7. In bright light the pupil becomes smaller, minimising the amount of light that enters the eye. In dim light the pupil becomes bigger, maximising the amount of light that enters the eye.
8.
 1. Eyelid
 2. Iris
 3. Pupil
 4. Cornea
 5. Sclera
 6. Lens
 7. Macula
 8. Vitreous Humor
 9. Fovea
 10. Optic Nerve
 11. Choroid
 12. Retina