

Take Away English 随身英语

Is too much screen time affecting children's eyesight?

长时间看屏幕会影响孩子的视力？

BBC

LEARNING
ENGLISH

英语教学

Vocabulary: eyesight 词汇：视力

These days there is so much tempting technology to look at: smartphones, tablets, computer games and TV screens. Much of our entertainment and education comes from using them, so it's no wonder we spend so much time staring at them. But even if the saying that looking at a screen for too long gives you **square eyes** isn't true, there is still some concern that it can affect your eyesight. So, should we be worried?

Certainly for children who spend hours **glued to** a screen there is a concern that their health might be at risk. The lack of physical activity can lead to an increase in their weight. But there is a fear that their eyesight is **deteriorating** too. Although there's not much evidence to prove this yet, recent findings have **opened our eyes** to the issue.

Katherine Sellgren from BBC News spoke to Chris Hammond, professor of **ophthalmology** at King's College London and consultant **ophthalmic** surgeon at St Thomas' Hospital. He said "We know that **myopia**, or **short-sightedness**, is becoming more common... It has reached **epidemic** levels in East Asia, Singapore, Taiwan, South Korea, where approaching 90% of 18-year-olds are now **short-sighted**."

But can this be linked to children's obsession with using electronic gadgets? Annegret Dahlmann-Noor, consultant **ophthalmologist** at Moorfields Eye Hospital in London says lack of **natural light** seems to be the key issue. She's suggested that children in East Asia study a lot, using computers, smartphones or tablets, and they are go outside less, which could be a cause of short-sightedness. Wearing **glasses** is one solution, but it's not ideal.

This leads to a dilemma: achieving short-term academic success or protecting your long-term eyesight. It's always going to be a challenge to drag children away from their screens and it's likely that more and more studying will be done online, through a screen. But despite that, Professor Hammond says, "in countries like urban China, where 10% of children in each class per year are becoming short-sighted from about the age of six, there's an argument for saying we should be trying to prevent it." It's evidence we can't turn a **blind eye** to. So, maybe it's time to hit the 'off' button and get our children outside?

词汇表

square eyes	“眼睛变方了”， 看电视上瘾
glued to (something)	全神贯注地盯着…看
deteriorate	变差
opened one's eyes	使某人认清、了解（某事）
ophthalmology	眼科学
ophthalmic	眼科的
myopia	近视
short-sightedness	近视
epidemic	大范围扩散
short-sighted	近视的
ophthalmologist	眼科医师
natural light	自然光
glasses	眼镜
turn a blind eye	视而不见

测验与练习

I. 阅读课文并回答问题。

1. According to an old saying, how do you get square eyes?
2. What is thought to prevent children from becoming short-sighted?
3. True or false? *Children in East Asia who wear glasses are becoming more short-sighted.*
4. Which word used in the article means 'to make someone do something they do not want to do'?
5. Why might children have to look at screens for long periods of time?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My husband's always _____ the TV when the football is on!

glued on	glued to	glued with	glue to
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2. There's an _____ of chicken pox at school so they've decided to close it.

myopia	deterioration	epidemic	ophthalmic
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3. The new extension to the back of our house means we now get lots of _____.

natural light	night light	nature light	natural lights
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4. Weather conditions are _____ so we have decided to turn around and sail back to the harbour.

decorating	deteriorated	deteriorate	deteriorating
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5. My holiday to Vietnam really _____ to the beauty of the country.

turned a blind eye	opened my eyes	square eyes	myopia
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答案

1. 阅读课文并回答问题。
 - I. According to an old saying, how do you get square eyes?
By looking at a screen for too long.
 2. What is thought to prevent children from becoming short-sighted?
Going outside and getting natural daylight.
 3. True or false? *Children in East Asia who wear glasses are becoming more short-sighted.*
False. Short-sightedness has reached epidemic levels in East Asia, Singapore, Taiwan, South Korea but wearing glasses is one solution to the problem.
 4. Which word used in the article means 'to make someone do something they do not want to do'?
Drag. (It's always going to be a challenge to drag children away from their screens.)
 5. Why might children have to look at screens for long periods of time?
To study.
2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。
 - I. My husband's always **glued to** the TV when the football is on!
 2. There's an **epidemic** of chicken pox at school so they've decided to close it.
 3. The new extension to the back of our house means we now get lots of **natural light**.
 4. Weather conditions are **deteriorating** so we have decided to turn around and sail back to the harbour.
 5. My holiday to Vietnam really **opened my eyes** to the beauty of the country.