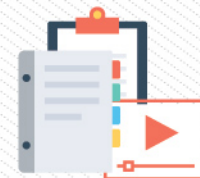


# LESSON PLAN

JANUARY 2019

## COMPUTER GLASSES



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**A2** ELEMENTARY

Stages	Procedure	Time
<b>Objectives</b>	<ol style="list-style-type: none"> <li>1. To practice               <ol style="list-style-type: none"> <li>a. skimming and scanning skills</li> <li>b. vocabulary in context – identifying synonyms</li> </ol> </li> </ol>	
<b>Warmer</b>	<ol style="list-style-type: none"> <li>1. Teacher starts by writing on the board: 3 harmful effects of _____               <ol style="list-style-type: none"> <li>1. Insomnia</li> <li>2. Vision problems</li> <li>3. Tech neck</li> </ol>               Ask students to guess what should go into the blank.             </li> <li>2. Teacher leads into the topic of the day by asking what can be done about #2: vision problems since we can't avoid using our eyes when using gadgets such as computers &amp; mobile phones.</li> </ol>	<b>5 mins</b>
<b>Pre-reading</b>	<ol style="list-style-type: none"> <li>1. Teacher asks how we can protect our eyes when using such gadgets.</li> <li>2. Teacher elicits for prior knowledge about computer glasses.</li> </ol>	<b>5 mins</b>
<b>While-Reading</b>	<ol style="list-style-type: none"> <li>1. Teacher distributes <b>Task 1</b></li> <li>2. In small groups, students work on <b>Task 1</b> to match the sentences to the paragraphs.</li> </ol>	<b>10 mins</b>
<b>Post-reading</b>	<ol style="list-style-type: none"> <li>1. Teacher checks the answers and provide feedback.</li> <li>2. Teacher distributes <b>Task 2</b>.</li> <li>3. In pairs, students discuss answers.</li> <li>4. Teacher elicits and discusses the answers.</li> <li>5. Teacher distributes <b>Task 3</b>.</li> <li>6. Students do task individually.</li> <li>7. Teacher elicits for answers.</li> </ol>	<b>12 mins</b>
<b>Wrap</b>	Teacher does a concept check of the lesson	<b>3 mins</b>

**TASK 1**

Match the following statements to the paragraphs of the information report.

Statements	Para#
A. Computer glasses are created to counter the problem caused by the blue light from the computer screen.	
B. Our eyes are exposed to not only the blue light found in natural and artificial sources but also the harmful blue light emitted by our electronic devices.	
C. Computer and mobile phone screens are harmful to the eyes because of the bright light they emit.	1
D. Also, most computer glasses are amber-tinted, thereby increasing the contrast on the screen which lowers eyestrain.	
E. A main cause of computer vision syndrome is the blue light emitted by electronic devices.	
F. Another advantage of these glasses is they help alleviate neck and back pain as users do not need to strain themselves bending over for a better view of the screen.	
G. These glasses not only block out harmful light to our eyes but also reduce glare, increase contrast and make it easier to look at a screen for longer periods of time.	
H. Using electronic devices everyday can lead to computer vision syndrome which causes vision problems, head, back and neck pains.	
I. Despite the cost, computer glasses are a good investment because of their invaluable benefits to eyesight and general health.	
J. These glasses have an anti-reflective coating which reduces glare bouncing off screens, thereby protecting the eyes.	
K. Many users claim that these glasses help relieve eyestrain and improve sleep.	
L. The blue light interrupts sleep patterns which eventually leads to health problems.	
M. The amber tint on these glasses can also help improve visibility for drivers driving through fog at night.	
N. These glasses differ from ordinary glasses in that they are made to counter eye strain rather than correct our eyesight.	

## TASK 2

Write short answers for the following questions.

1. What is “computer vision syndrome”?

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2. How is blue light dangerous to health?

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3. How are computer glasses helpful?

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4. What are the advantages of amber-tinted glasses?

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### TASK 3

**Complete the blanks with suitable words from the information report.**

1. An example of a \_\_\_\_\_ is a rainbow.
2. When your eyes are \_\_\_\_\_, you tend to rub them because they feel itchy.
3. People who suffer from migraines are very sensitive to light, especially \_\_\_\_\_ lights.
4. It is inadvisable to use your mobile devices in the dark as your eyes will be \_\_\_\_\_ by direct beams of blue light which is harmful to your eyes.
5. \_\_\_\_\_ lenses can help your vision by reducing glare and blocking reflective light.
6. Traffic lights have three colours – red, \_\_\_\_\_ and green.
7. I believe in the saying “Health is wealth” as one’s health is a \_\_\_\_\_ commodity, so everyone should take good care of themselves.

## ANSWERS

### Task 1

- A. 6
- B. 4
- C. 1
- D. 10
- E. 3
- F. 13
- G. 8
- H. 2
- I. 14
- J. 9
- K. 11
- L. 5
- M. 12
- N. 7

### Task 2

1. Computer vision syndrome is eye strain caused by using electronic devices often.
2. Blue light causes computer related eye problems because of its flickering and glare and it also tricks the body into thinking it is still daytime, resulting in sleep deprivation.
3. Computer glasses a) block out damaging light into our eyes; b) lower the glare into our eyes. c) the anti-reflective coating bounces light from screens; d) amber tinting increases the contrast on the screen thereby lowering eye strain e) gives a better view of the screen, thereby relieving us from neck and back pains.
4. Amber-tinted glasses increases contrast on the screen which reduces eye strain and sleep problems; they provide a better view of the screen, easing neck and back pains from not having to bend over to get a better look at the screen; they enhance visibility for drivers on the road.

### Task 3

1. spectrum
2. irritated
3. flickering
4. bombarded
5. Anti-reflective
6. amber
7. priceless