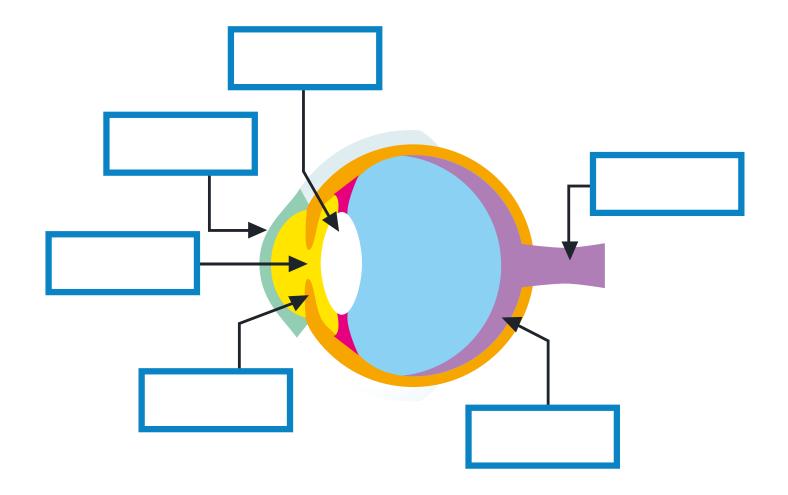




## Resource Sheet: Inside the eye



 Cornea
 Pupil
 Iris

 Optic nerve
 Retina
 Lens



## Resource Sheet: Healthy living cards



The sun



Carrots



Green leafy vegetables



**Fish** 



**Outdoors** 



Sweets/ sugar



Water



**Glasses** 



**Fireworks** 



Alcohol



Citrus fruits



TV and tablets



Sleep



**Smoking** 



**Exercise** 

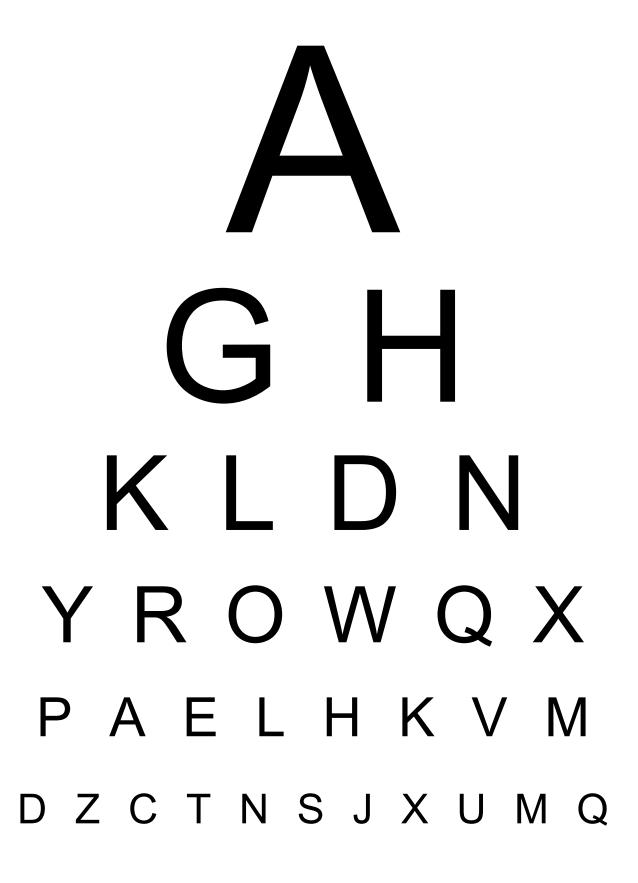


**Fast food** 



## Resource Sheet: Snellen Chart

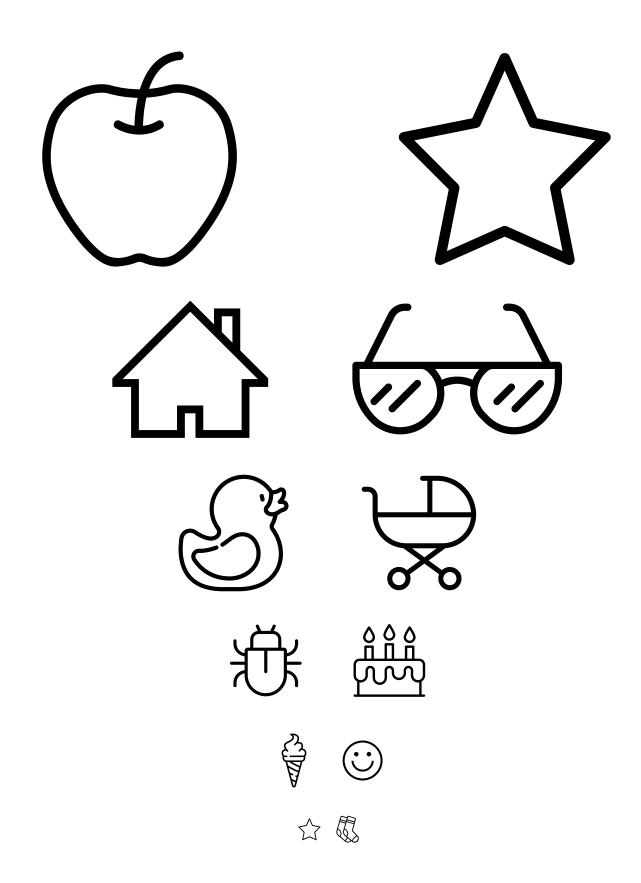
An example of the type of chart (Snellen), which you may have used at the opticians.





# Resource Sheet: Picture Chart

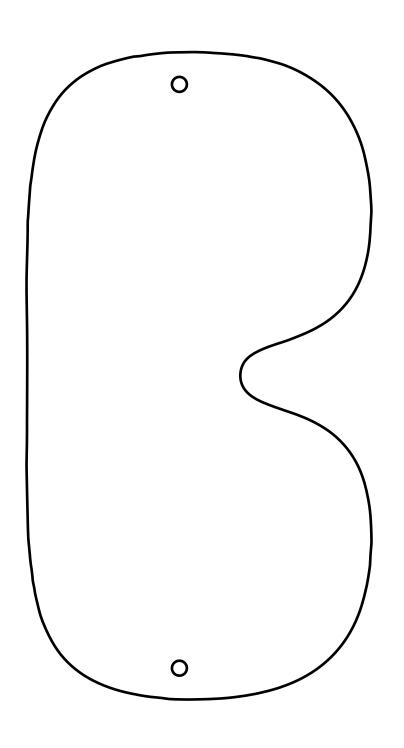
An example of a picture chart, which you may have used at the opticians.





## Resource Sheet: Eye Mask template

You can make your mask from card, or paper, or fabric using this template. Just tie string, or elastic where the holes are marked.





#### Resource Sheet: Colouring activity

#### Colour in and link the icons to their corresponding subjects

