



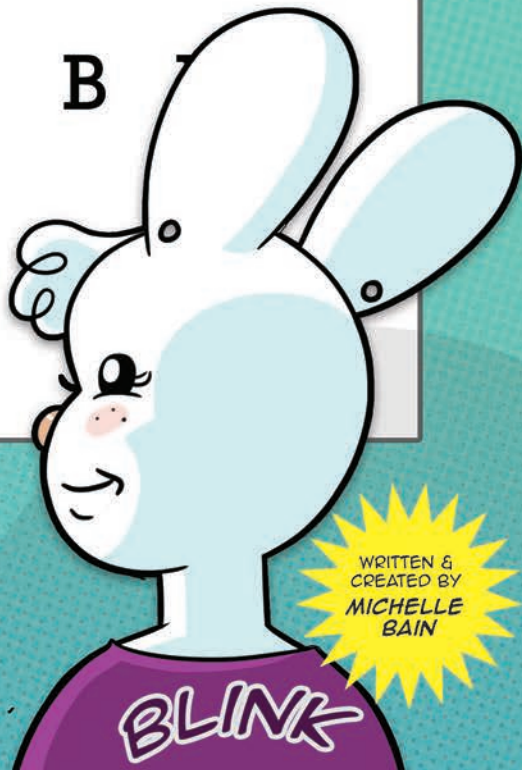
SEEING

O F F

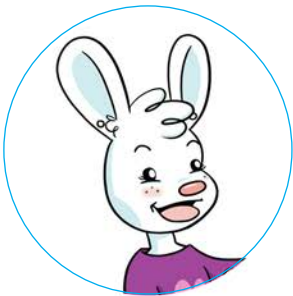
THE CHARTS

X V M P L B S

O R C B



WRITTEN &
CREATED BY
**MICHELLE
BAIN**





HI, FRIEND!
I AM KIT SPROCKETTE,
AND WE'RE LEARNING TODAY
ABOUT VISION AND EYE CARE.
FIRST, LET'S LEARN A
LITTLE ABOUT YOU!

THIS IS MY BOOK! MY NAME IS:

I AM _____ YEARS OLD.

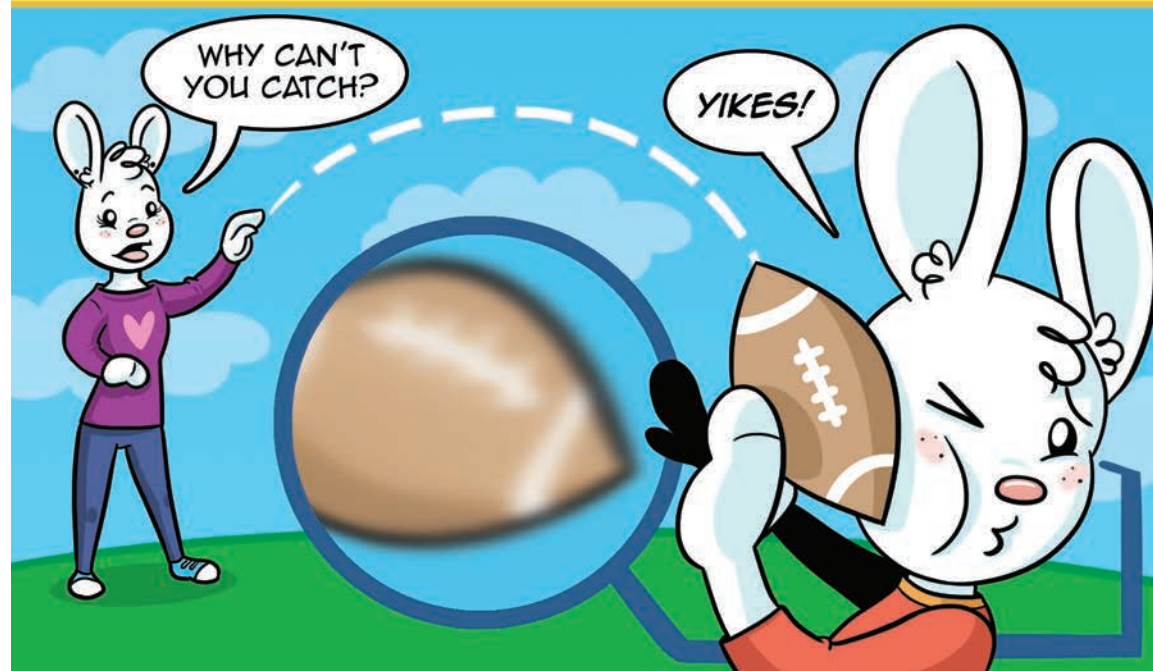
MY FAVORITE ACTIVITY IS:

WHEN I LOOK AT SOMETHING FAR AWAY,
HOW WELL CAN I SEE IT?

WHEN I LOOK AT SOMETHING CLOSE UP,
HOW WELL CAN I SEE IT?

DISCLAIMER: This book provides general information about vision and eye care. This information is not intended to be used for the diagnosis or treatment of a vision problem or as a substitute for consulting a licensed health professional. Consult with a qualified physician or health care practitioner to discuss specific individual health needs and to professionally address eye and vision issues or medical concerns.

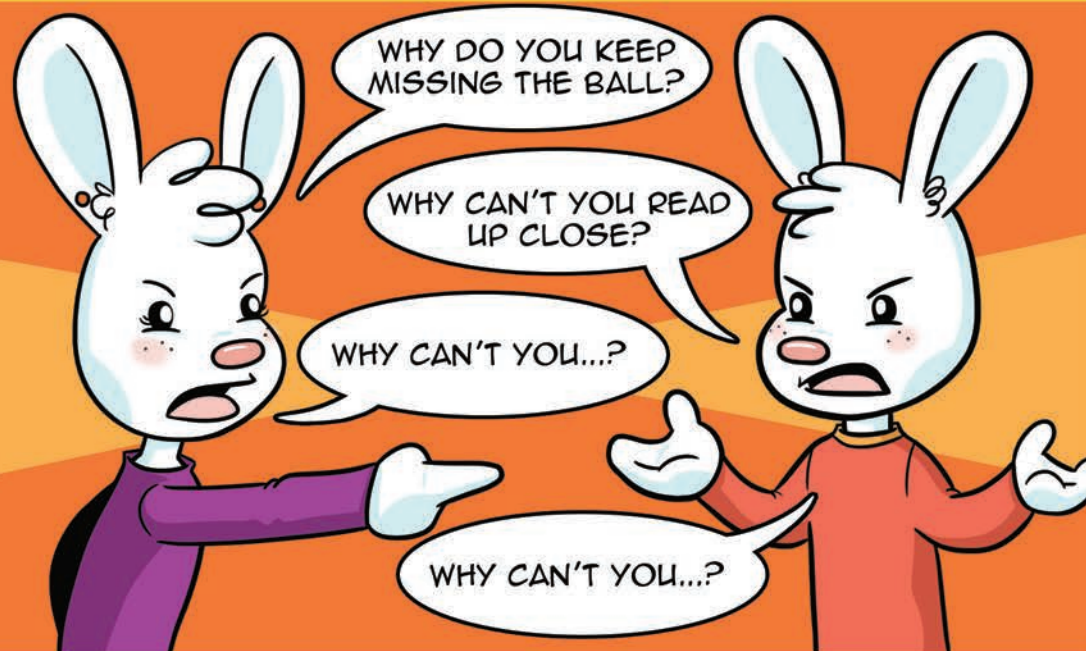
ONE BEAUTIFUL AFTERNOON, THE HOPPER TWINS, WINK AND BLINK, WERE PLAYING CATCH, BUT WINK COULDN'T CATCH ANY THROW. FROM A DISTANCE THE BALL LOOKED REALLY FUZZY UNTIL IT GOT UP CLOSE.



LATER THAT NIGHT, BLINK TRIED TO READ ONE OF HER FAVORITE BOOKS, BUT COULDN'T BECAUSE THE WORDS WERE FUZZY WHEN SHE HELD THE BOOK CLOSELY.



THE HOPPER TWINS BEGAN TO ARGUE BECAUSE BLINK COULDN'T READ HER HOMEWORK AND ALWAYS ASKED WINK FOR HELP. BLINK WAS GROUCHY AT HER BROTHER BECAUSE EVERY TIME THEY PRACTICED FOOTBALL, WINK WOULD MISS THE BALL.



THE HOPPER TWINS' AUNT, KIT SPROCKETTE, HEARD THE TWO ARGUING AND ASKED WHAT WAS WRONG. THEN SHE TOLD THEM THAT SHE HAD TROUBLE SEEING WHEN SHE WAS YOUNG. NOW SHE WORE GLASSES THAT HELPED HER SEE BOTH NEAR AND FAR.



KIT AND THE TWINS WENT OUTSIDE WHERE KIT INTRODUCED THEM TO HER FRIEND SEEMORE, THE VISION VAN.

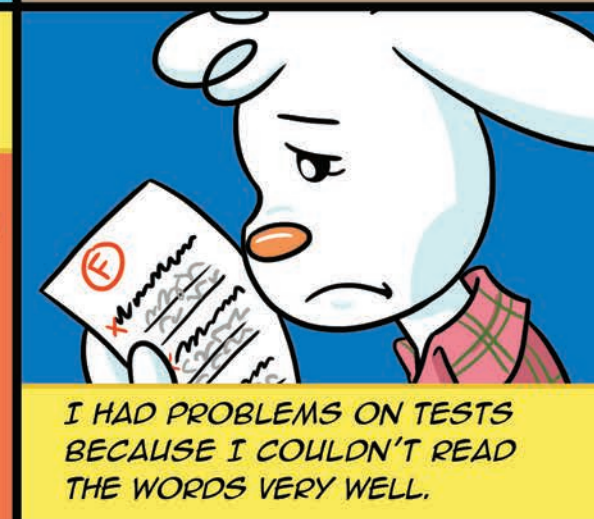
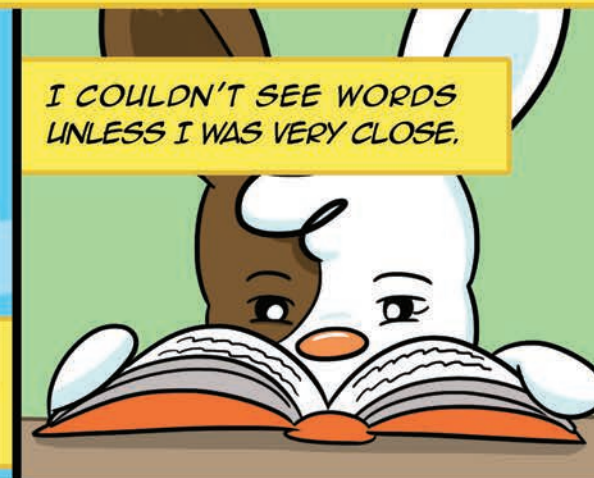
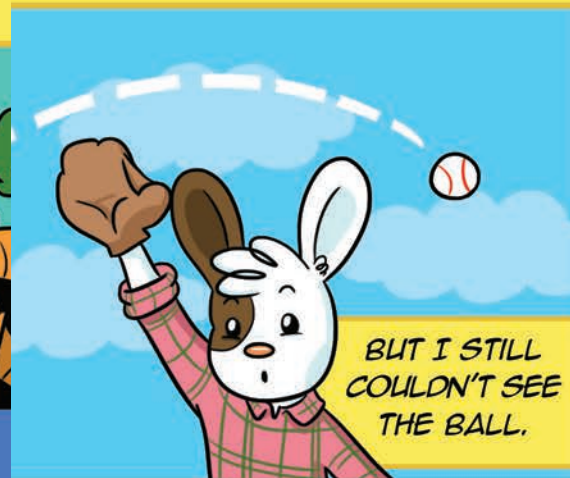
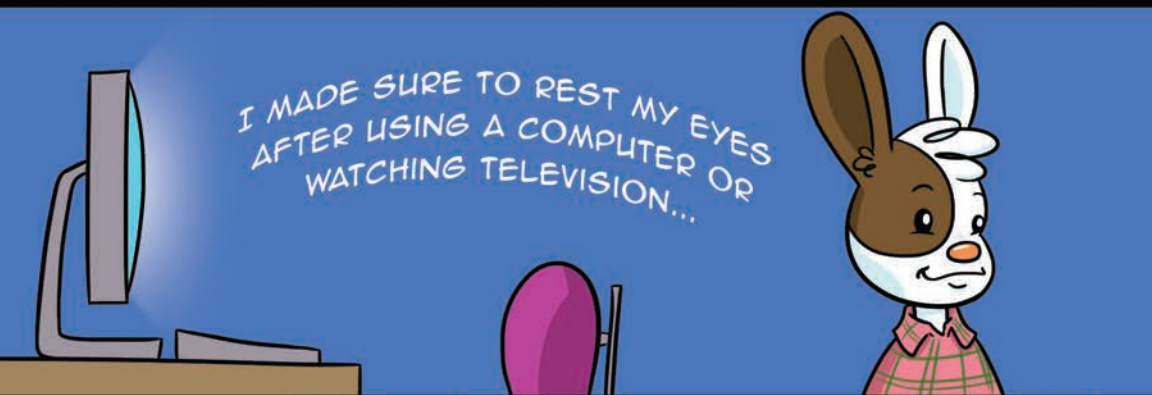
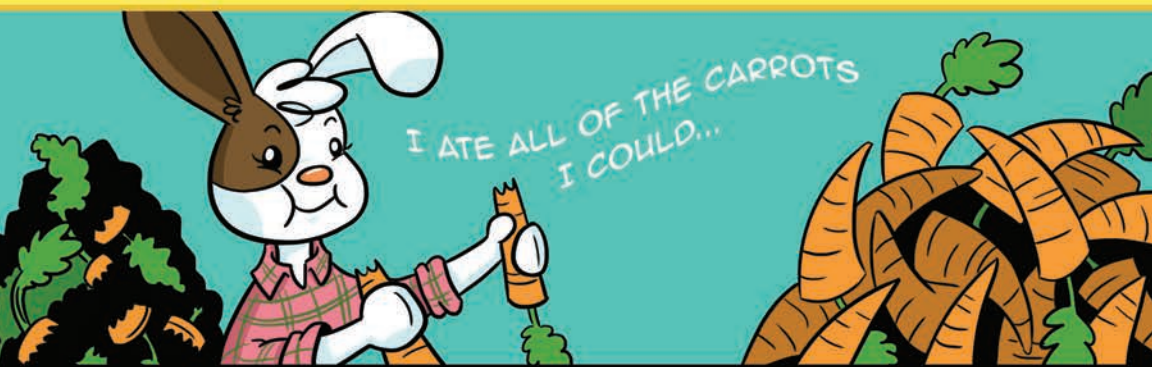


WINK AND BLINK THOUGHT ABOUT GETTING THEIR EYES EXAMINED AND GETTING GLASSES, BUT THEY WERE WORRIED. THEY HAD MANY QUESTIONS THAT THEY NEEDED ANSWERS TO.



KIT TOLD THEM ABOUT WHEN SHE WAS YOUNG AND FIRST HAD TROUBLE SEEING. SHE TRIED EVERYTHING SHE COULD THINK OF TO FIX HER EYESIGHT.

BUT EVEN THOUGH KIT TRIED EVERYTHING SHE COULD THINK OF, SHE STILL COULDN'T SEE THINGS VERY WELL. IT STARTED TO BOTHER HER.



SO KIT'S MOM TOOK HER TO SEE DR. LENZ, THE FAMILY'S EYE DOCTOR.



DR. LENZ TOLD KIT ABOUT HER EYES AND HOW THEY WORKED.



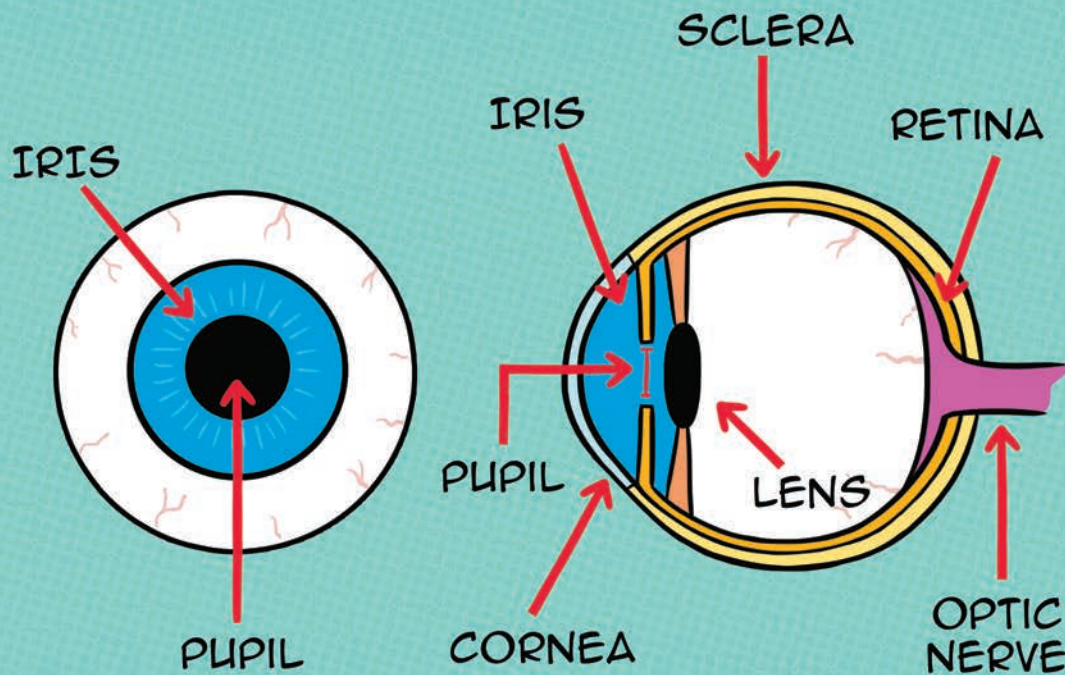
MOST WHO HAVE TROUBLE SEEING ARE NEARSIGHTED OR FARSIGHTED.



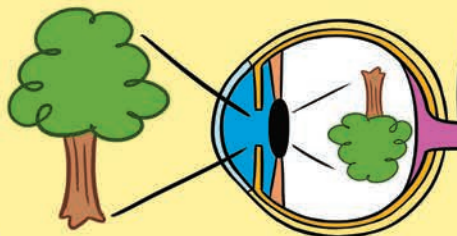
NEARSIGHTED:
CAN SEE WHAT IS CLOSE BUT NOT FAR



FARSIGHTED:
CAN SEE WHAT IS FAR BUT NOT CLOSE



DID YOU KNOW...?



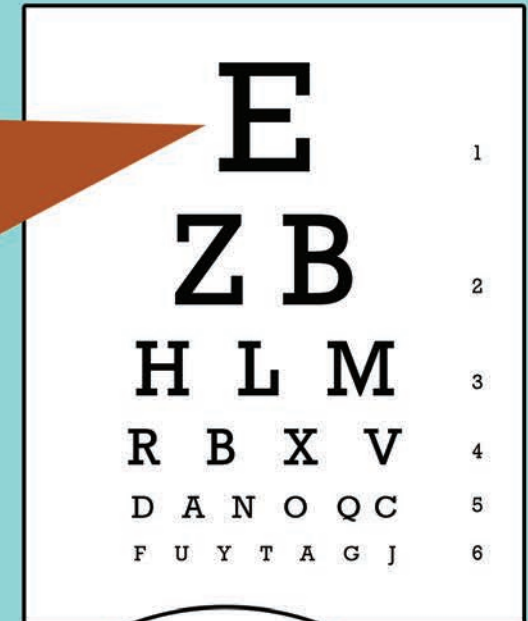
WHEN AN IMAGE PASSES THROUGH THE LENS OF YOUR EYE, IT IS ACTUALLY FLIPPED UPSIDE-DOWN! YOUR BRAIN FLIPS THE IMAGE AGAIN SO THINGS LOOK NORMAL!



THE FIRST TEST THAT KIT TOOK WAS LOOKING AT THE EYE CHART. SHE KNEW ABOUT IT AND WAS EXCITED TO READ ALL OF THE LETTERS FROM TOP TO BOTTOM.

SNELLEN CHART

CREATED IN 1862, THE CHART MEASURES HOW WELL YOU ARE ABLE TO SEE.



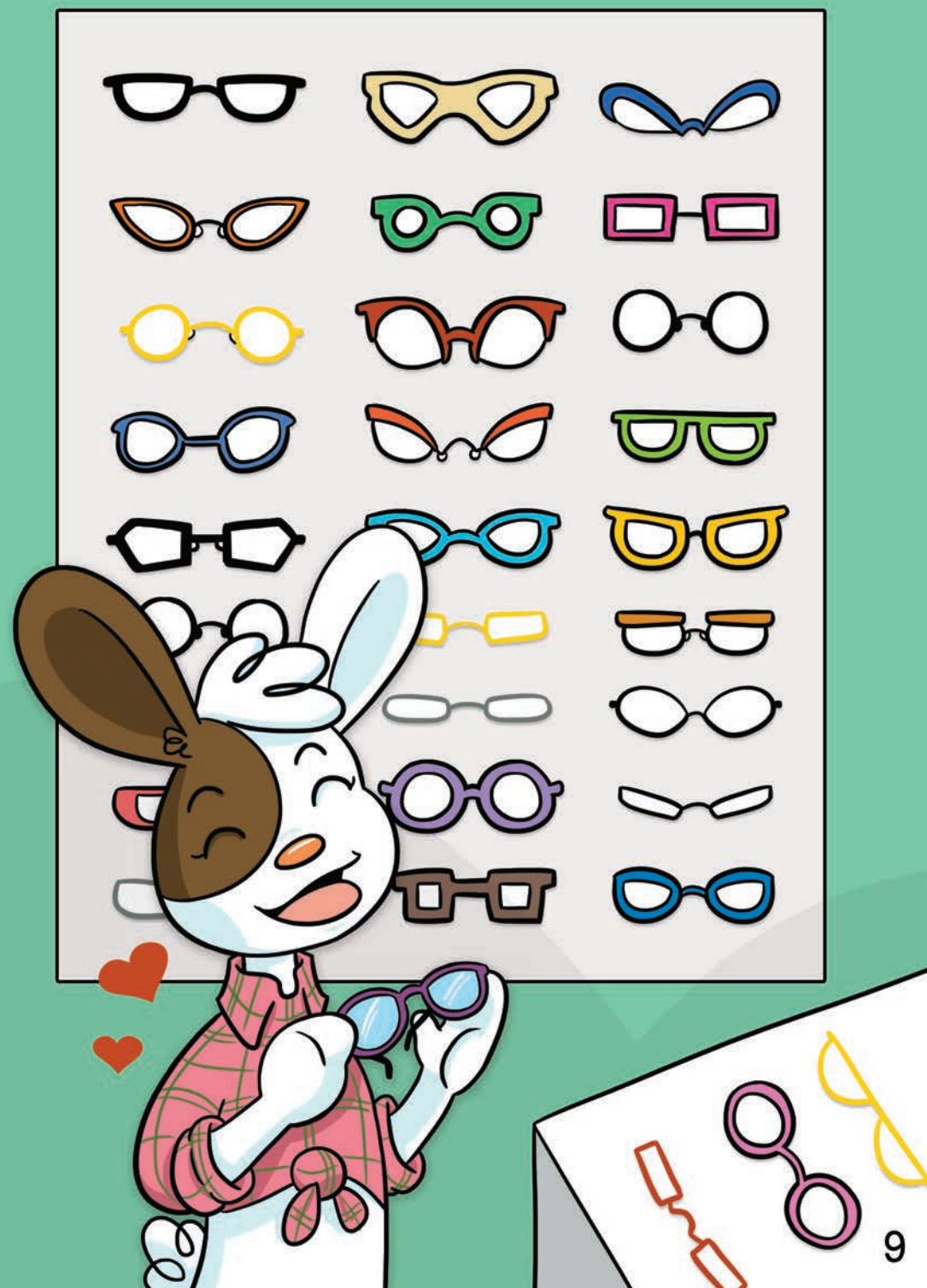
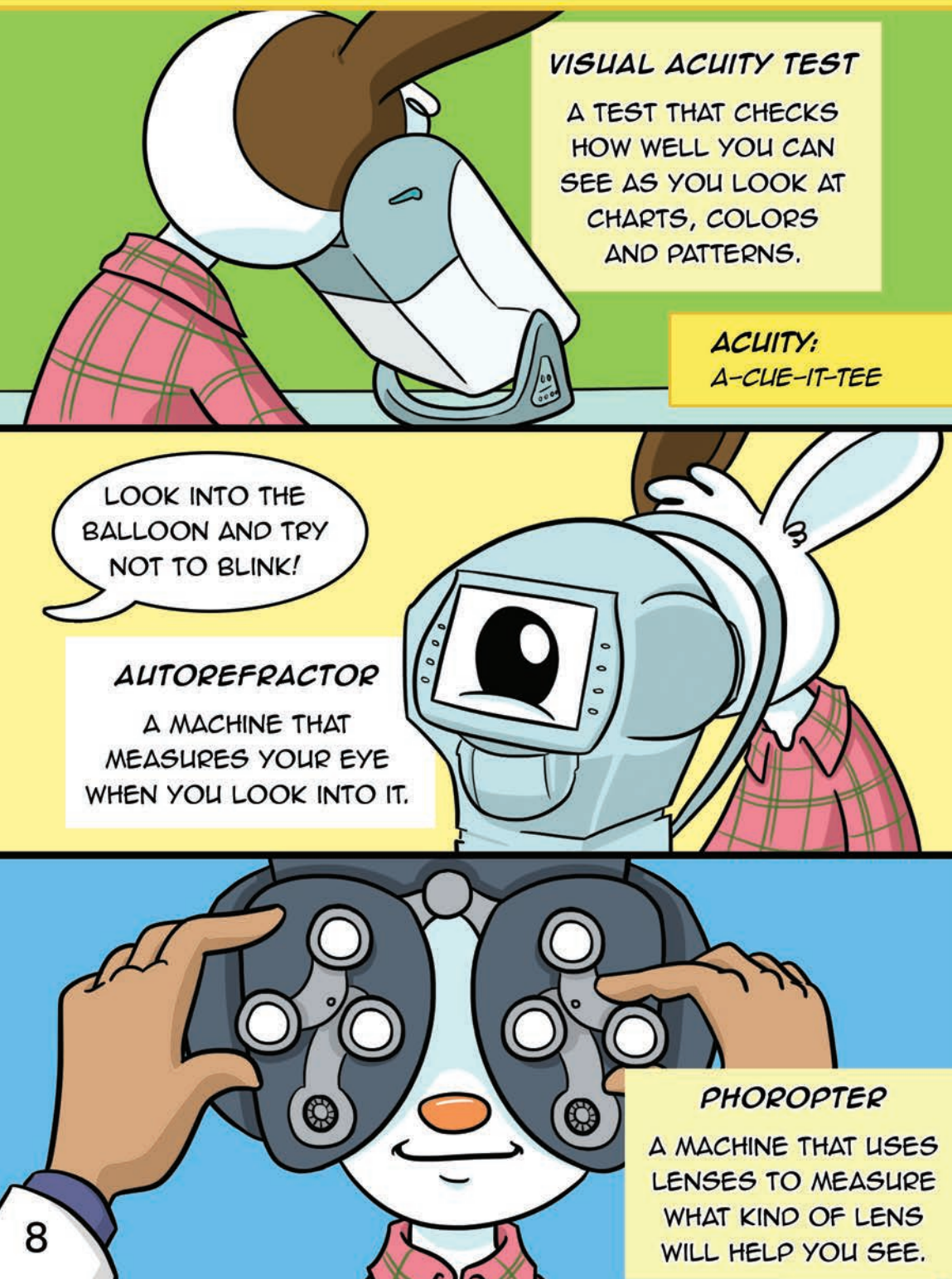
E, Z, B... M, I,
N... B, R... X, Y...
THAT'S AS FAR AS
I CAN SEE.

WHEN YOU READ THE SNELLEN CHART, THE DOCTOR WILL ASK YOU TO COVER ONE EYE AT A TIME SO THAT HE OR SHE CAN CHECK EACH EYE.



AFTER SHE READ THE LETTERS OFF THE CHART, KIT TOOK A FEW OTHER TESTS THAT HELPED DR. LENZ CHECK HER SIGHT. KIT REALIZED THAT THE TESTS WEREN'T SCARY AT ALL. THEY WERE ACTUALLY FUN!

ONCE HER EXAM WAS FINISHED, KIT GOT TO PICK OUT HER GLASSES. THERE WERE SO MANY CHOICES, IT WAS HARD TO PICK JUST ONE PAIR, BUT SHE FOUND SOMETHING THAT WAS PERFECT!



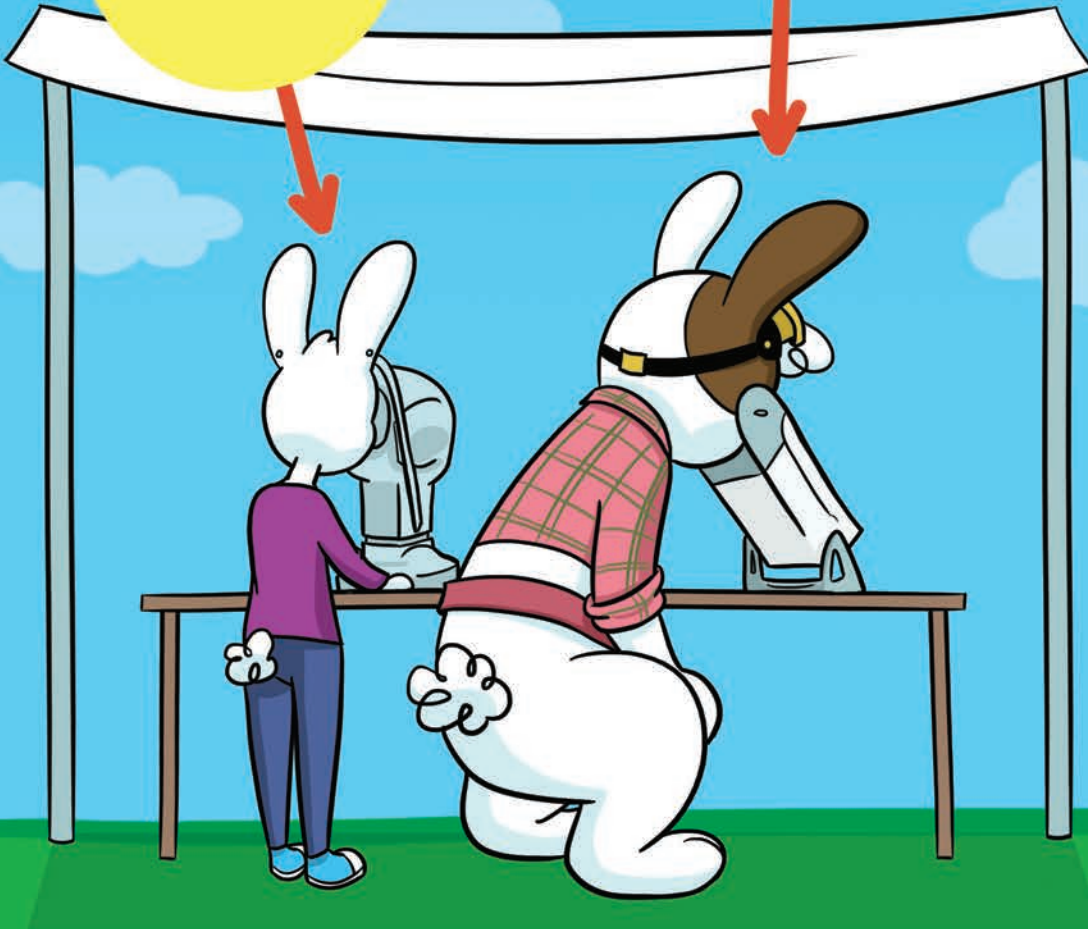
AFTER LISTENING TO KIT'S STORY, THE HOPPER TWINS FELT READY TO GET THEIR EYES TESTED WITH SEEMORE, THE VISION VAN. THEY FIRST ANSWERED SOME QUESTIONS, THEN WENT INTO THE VAN TO SEE THE DOCTOR.

STEP 1

USE THE
AUTOREFRACTOR

STEP 2

TAKE THE
VISUAL ACUITY
TEST

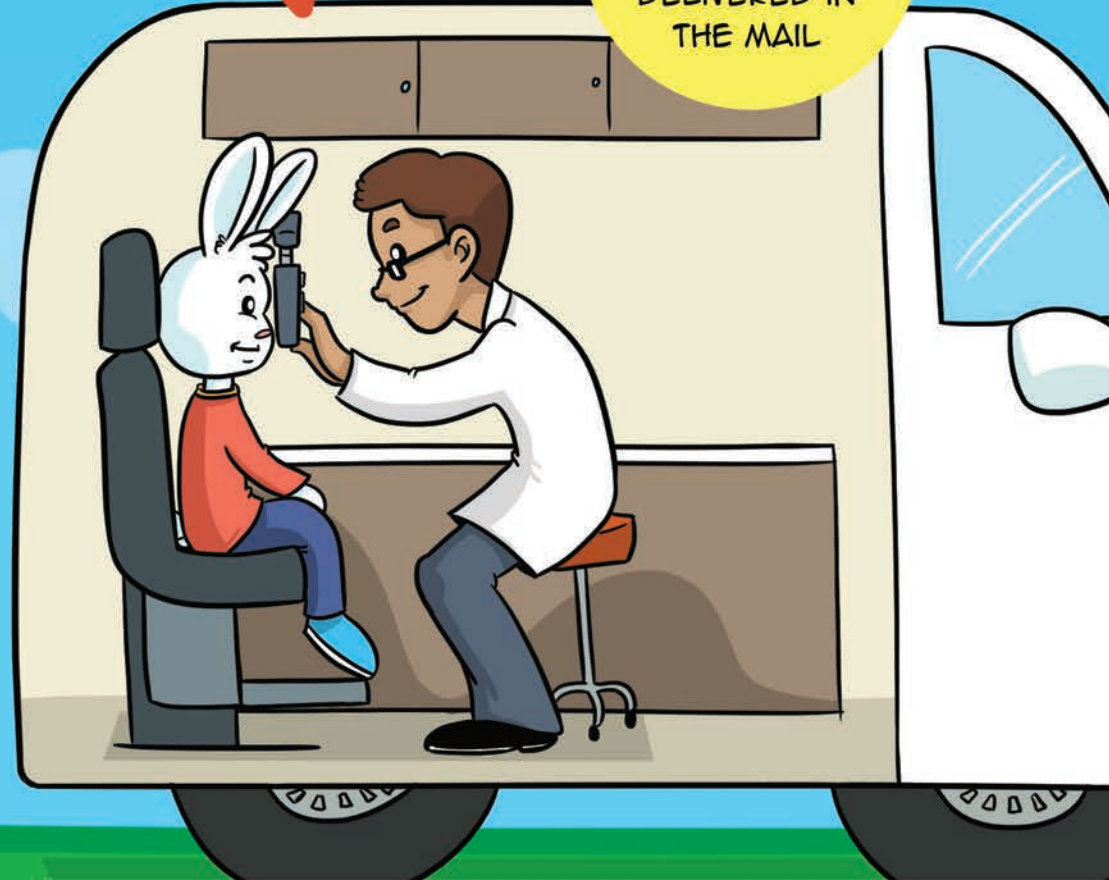


STEP 3

THE DOCTOR
CHECKS EYES
USING THE
PHOROPTER

STEP 4

GLASSES ARE
ORDERED AND
DELIVERED IN
THE MAIL

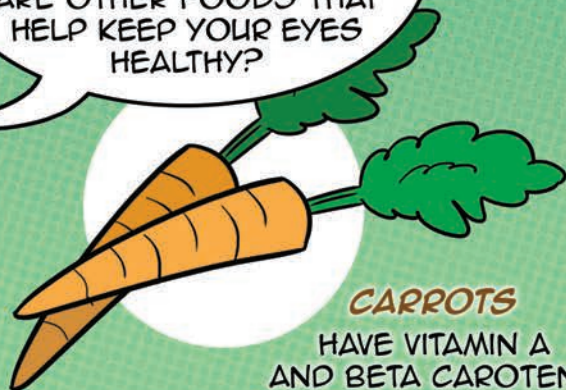


DID YOU KNOW: EYE DOCTORS PRESCRIBE LENSES IN GLASSES THAT BEND LIGHT RAYS TO HELP PEOPLE WHO ARE NEARSIGHTED AND FARSIGHTED SEE BETTER.

THERE ARE MANY WAYS TO CARE FOR YOUR EYES, AND EATING WELL IS ONE OF THEM.



YOU'VE PROBABLY HEARD THAT CARROTS ARE GOOD FOR YOUR EYES. BUT DID YOU KNOW THERE ARE OTHER FOODS THAT HELP KEEP YOUR EYES HEALTHY?



CARROTS
HAVE VITAMIN A
AND BETA CAROTENE



SWEET POTATOES
ALSO HAVE VITAMIN A
AND BETA CAROTENE

STRAWBERRIES
HAVE VITAMIN C AND
FOLATE (A TYPE
OF B VITAMIN)



ORANGES
FULL OF VITAMIN C
AND POTASSIUM



ALMONDS
HAVE VITAMIN E AND
MONOSATURATED
FATTY ACIDS



SPINACH
HAS LUTEIN, WHICH
HELPS PREVENT
EYE DISEASES



SALMON
HAS OMEGA-3
FATTY ACIDS



IT'S ALSO IMPORTANT TO PROTECT YOUR EYES FROM SUNLIGHT, INJURY AND DIRT.

ALWAYS PROTECT
YOUR EYES!



THE SUN'S **ULTRAVIOLET**
RAYS CAN HARM YOUR EYES.
WEARING SUNGLASSES
HELPS GUARD THEM!



DON'T FORGET
TO PROTECT YOUR
EYES EVEN WHEN
IT'S CLOUDY!



ALWAYS WEAR EYE
PROTECTION WHEN PLAYING
SPORTS TO PREVENT
EYE INJURIES.

ALWAYS WASH YOUR HANDS
BEFORE TOUCHING YOUR EYES,
ESPECIALLY AFTER PLAYING
OUTSIDE OR WITH A PET.



NOT LONG AFTER THEIR EYE EXAMS, THE HOPPER TWINS RAN TO THE MAILBOX TO PICK UP THEIR BRAND NEW GLASSES. THEY WERE SO EXCITED!



USE YOUR EYES TO SPOT SIX DIFFERENCES BETWEEN THE TWO PICTURES, AS WINK AND BLINK TEST OUT THEIR NEW GLASSES WHILE PLAYING OUTSIDE!



A E Y E
 D V S E E O
 Z V I S I O N L P
 C G L A S S E S V U
 X S C L E X A M E W Z
 Z L D F U I R I S L F O

IRIS
SEE

VISION
GLASSES

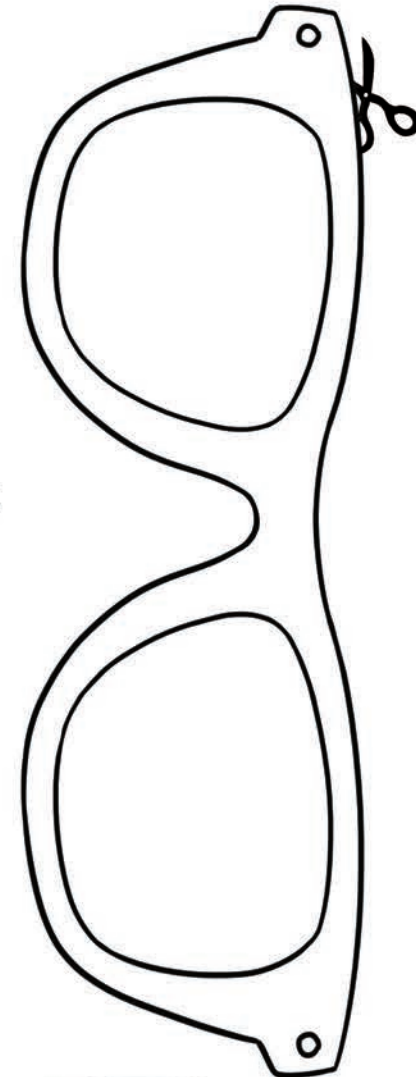
EXAM
EYE

LOOK AT THE
SNELLEN CHART
ABOVE AND FIND
THE HIDDEN WORDS
IN EACH LINE!



MAKE YOUR OWN PRETEND GLASSES!

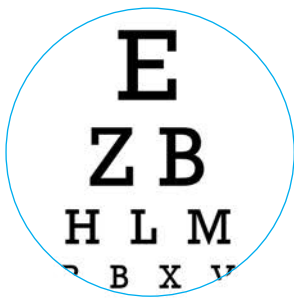
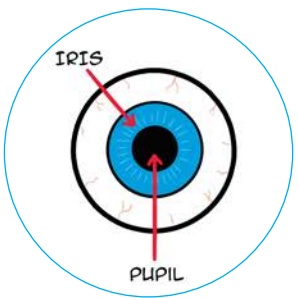
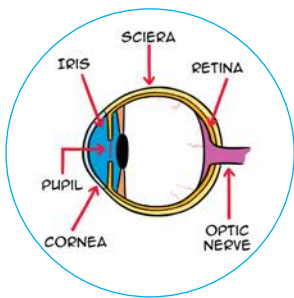
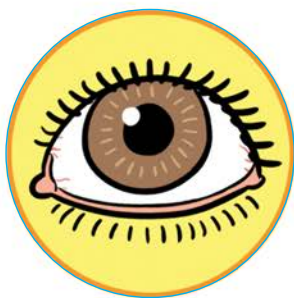
1. COLOR THE FRAMES YOUR FAVORITE COLOR.
2. ASK AN ADULT TO HELP YOU CUT OUT THE FRAMES.
3. ASK AN ADULT TO HELP YOU CUT OUT THE STRIP OF PAPER ON THE RIGHT.
4. FOLD THE PAPER IN HALF THEN TAPE TO THE GLASSES LIKE A MASK.
5. ENJOY YOUR NEW PRETEND GLASSES!



IT'S EASY TO
GIVE GLASSES A
TRY! JUST MAKE
A PAIR!

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IT'S SCARY TO
NOT SEE WELL, BUT EYE
EXAMS AND GLASSES CAN
BE AN ADVENTURE!



EYE CARE IS
IMPORTANT SO YOU
CAN SEE WELL WHILE
YOU READ AND
PLAY.



ILLUSTRATED BY
FOX HYON SMITH

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KEEP THE PLANET
HEALTHY! THIS BOOK
WAS PRINTED ON
RECYCLED PAPER!



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THE USA



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