



The Eye

Your eyes are at work from the moment you wake up to the moment you close them to go to sleep. They take in tons of information about the world around you - shapes, colors, movements, and more. Then they process the information and send it to your brain so it knows what's going on outside of your body.

Rods see in black, white, and shades of grey and tell us the form or shape that something has. Rods can't tell the difference between colors, but allow us to see when it's dark.

Cones sense color and they need more light than rods to work well. Cones are most helpful in the light. The retina has three types of cones - red, green, and blue - to help you see different ranges of color.

Together, these cones can sense combinations of light waves that enable our eyes to see millions of colors.

Protect Your Eyes



Your eyes do some great things for you, so take these steps to protect them:

Wear goggles in classes, where debris or chemicals could go flying, such as wood shop, metal shop, science lab, or art.

Wear eye protection when playing racquetball, hockey, skiing, or other sports that could injure your eyes.

Wear sunglasses. Too much light can damage your eyes and cause vision problems, such as cataracts, later in life.

The Eyelid

The eyelid helps keep the eye clean by opening and shutting several times a minute. This is called blinking, and it's an involuntary action, which means you don't control it.