1. Sunglasses that block 100 percent of UVA and UVB light rays are much more expensive than other sunglasses.
   - true
   - false

2. Children don’t need to wear sunglasses, because their eyes are better able to withstand ultraviolet rays and glare than adult eyes are.
   - true
   - false

3. Overexposure to ultraviolet light can cause growths on the eye called pingueculae and pterygia.
   - true
   - false

4. Cataracts and age-related macular degeneration may be caused, at least in part, by too much ultraviolet light exposure.
   - true
   - false

5. If you are a mountain dweller, you will likely be exposed to higher UV levels than if you live in the lowlands.
   - true
   - false

6. There is no reason to wear sunglasses on a cloudy day.
   - true
   - false

7. Sunglass lenses with dark tints are more protective against ultraviolet rays than those with light tints.
   - true
   - false

8. High-energy visible (HEV) light — also called blue light — is a kind of ultraviolet radiation.
   - true
   - false
9. Only people with light-colored eyes need sunglasses; people with dark-colored eyes are naturally protected because they have more pigment in their eyes.

☐ true  ☐ false

10. Brown-tinted sunglass lenses are best for letting you see colors as they really are.

☐ true  ☐ false

11. If you’re wearing high-quality sunglasses, it’s OK to gaze at the sun.

☐ true  ☐ false

12. Anti-reflective coating often is applied to the back surface of sunglass lenses to reduce glare caused by light reflecting into your eyes when the sun is behind you.

☐ true  ☐ false

13. The UV Index is a 10-point scale that sunscreen lotion manufacturers devised in the 1970s to encourage people to buy their product.

☐ true  ☐ false

14. The lowest risk level on the UV Index is indicated on UV maps with the color green.

☐ true  ☐ false

15. If you wear contact lenses with a UV blocker, you still need to wear sunglasses.

☐ true  ☐ false

16. Certain medications can increase your body’s sensitivity to UV and HEV radiation.

☐ true  ☐ false

Answers:
1. false, 2. false, 3. true, 4. true, 5. true, 6. false, 7. false, 8. false, 9. false, 10. false, 11. false, 12. true, 13. false, 14. true, 15. true, 16. true