

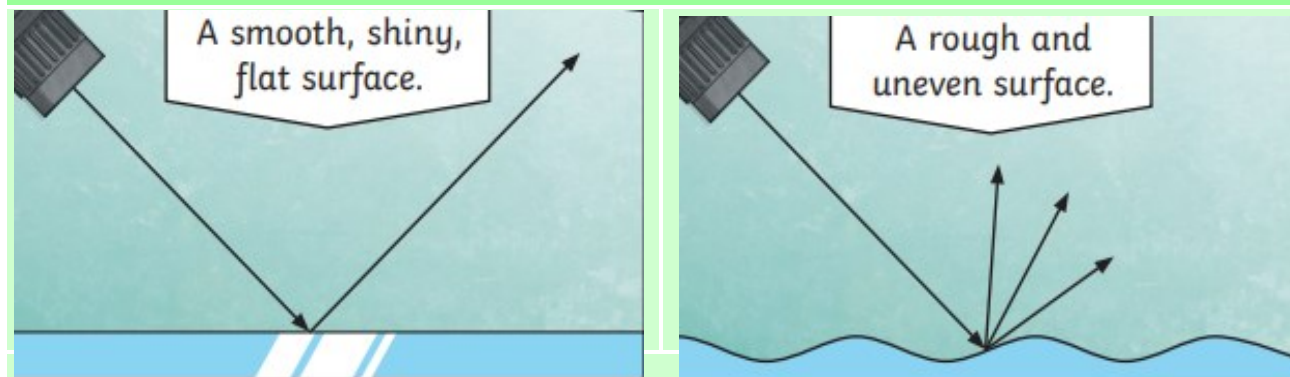
# Where do light sources come from and how do they help us see?

Vocabulary	Definition
light source	An object that makes it's own light.
dark	The absence of light.
reflection	Where light hits the surface of an object and bounces back into our eyes.
shadow	An area of darkness where light has been blocked.
transparent	Objects that let light travel through them, meaning you can see through the object.
translucent	Objects that let some light through, but scatter the light so we can't see through them properly.
opaque	Objects that do not let any light to pass through them.

The pupils control the amount of light entering the eyes. If too much light enters, then it can damage the retina. To help protect the eyes, you can wear a hat with a wide brim and sunglasses with a UV rating.



Surfaces that reflect light the best are smooth, shiny and flat.



Reflective surfaces can be very useful, for example:

- Hi-vis jacket
- Cat's eyes

A shadow is caused when light is blocked by an opaque object. A shadow is larger when an object is closer to the light source. This is because it blocks more of the light.

