

LISTENING

Binge-watching



Fill in the gaps with words from the video.

- 1) most of us spend _____ in front of screens.
- 2) In 1967, an error in manufacturing led to the selling of TVs which emitted harmful _____
- 3) but when staring at a screen, this rate decreases _____
- 4) simply spending extended hours indoors can have _____ effects.
- 5) but scientists believe that the sun itself may actually play a role in _____
- 6) Not only is a sedentary _____ a major contributor to obesity,
- 7) Simply doing more mentally rigorous _____ like reading, playing a board game, or simple household activities,
- 8) Studies _____ that it may actually reduce the hours of quality sleep,
- 9) multiple studies _____ a correlation between TV viewing time and ALL causes of death.
- 10) and you can have a healthy relationship with TV if consumed in _____ like anything else.

Answer the questions about the video.

1. Staring at a screen will make you

- a.** take shallower breaths
- b.** blink less
- c.** frown and develop wrinkles
- d.** clench your jaw

2. Myopia, a condition that causes you to have trouble focusing your eyes, is seen more in children that spend too much time inside. What is one reason for this?

- a.** less light makes it harder to focus
- b.** focusing your eyes on distant landscapes helps strengthen your focus
- c.** fresh air improves eye health

3. People who watch less TV burn more calories, even if they're just reading a book. Why?

4. According to a study, watching more than 20 hours of TV per week decreased sperm count in test subjects by how much?

- a.** 40%
- b.** 25%
- c.** 15%
- d.** 4%