

Staring at Screens- Vocab

6 **Using vocabulary** Complete the sentences with the words and phrases in the box.

average week
change channels
channel surf

couch potato
remote control
the TV

turn down the
volume
turn on the TV

turn the TV off
waste of time

1. As soon as I get home from work, I _____ because I want to know what's on the news.
2. When friends come to visit, we usually _____ and just talk and have something to eat.
3. When I don't like a TV show, I _____ and find another program or turn it off and go out.
4. The commercials are very loud, so I _____ when they come on.
5. I prefer to read in a quiet room, without _____ on.
6. To find a good program on TV, I don't look in the newspaper. I usually just _____ until I find something interesting.
7. I don't like to exercise or go out; I prefer to stay home and watch TV. I guess I am a _____.
8. It's easy to change channels with a _____; you don't have to move.
9. I think TV is entertaining and educational, but other people think it's a _____.
10. I watch about 20 hours of TV during a(n) _____.