

Listen to the recording and fill in the gaps:

I think the Internet is the greatest \_\_\_\_\_ ever.  
Think how it has \_\_\_\_\_ the world. So much  
\_\_\_\_\_ is out there. It has totally changed my life.

I can chat with friends, \_\_\_\_\_ music, buy books  
and get all the info I need for my \_\_\_\_\_. It took  
days or weeks to do any of these things before  
the \_\_\_\_\_. I spend hours every day \_\_\_\_\_.

I think I spend a little too long. I'm sure staring at a  
computer \_\_\_\_\_ all day isn't good for my eyes.

I think it's also making me fat. I need to \_\_\_\_\_ a  
little more.

The only thing I don't like about the Internet is that it  
can be \_\_\_\_\_. I don't really like putting my  
\_\_\_\_\_ information online, especially on social  
\_\_\_\_\_ sites like Facebook.