



### Is Binge watching bad for our health?

Watch this YouTube video and learn about the consequences of Binge watching. Then, read the sentences and decide whether they are **TRUE** or **FALSE**.

- 1- According to the speaker, those who watch an entire Netflix Series in one sitting spend considerably less time than those who play the newest Zelda from start to finish.  
**TRUE FALSE**
- 2- Binge watching in the past may have affected your brain and body. **TRUE FALSE**
- 3- In 1967 TVs emitted harmful X- Rays with extremely high radiation levels. **TRUE FALSE**
- 4- Modern televisions can be detrimental to our eyesight because when staring at a TV, we blink fewer times than when we do under normal circumstances. **TRUE FALSE**
- 5- After watching TV, we may experience tired and sore eyes for days. **TRUE FALSE**
- 6- Myopia is caused when we are constantly focusing on nearby objects and not on distant landscapes or far off distances. **TRUE FALSE**
- 7- Many people may feel that watching TV can help them relax their bodies and brains but that is not always true. **TRUE FALSE**
- 8- Strange as it may sound, some people who watch TV for extended periods of time may burn more calories than those who do not even when the latter do physical activities.  
**TRUE FALSE**
- 9- Doing things around the house as well as playing board games or reading are more beneficial than watching TV. **TRUE FALSE**
- 10- Watching TV just for a short time can lead you to some quality sleep. **TRUE FALSE**
- 11- Those people who watch TV for extended periods of time can get diseases like diabetes or heart diseases or they can even die. **TRUE FALSE**
- 12- You can watch TV when you do so in moderation. **TRUE FALSE**