Unit 3F: VIDEO GAMES AND HEALTH

Reading passage:

Could playing video games be good for your health?

Many people assume that video games have a negative effect on young people. A lot of time in front of a screen is bad for the mind and the body, and combat games cause concern because they contain violence. Newspapers often express the same opinion. However, according to a report in American Psychologist, playing video games can be good for children's education, health and social skills.

Video games can actually improve certain mental skills. Combat games, for example, teach players to think in three dimensions. This helps children with science, technology, engineering and maths.

Other types of video game can have other positive effects. In 2013, research showed that children who play role-playing games get better grades at school than those who don't play them. Other research showed that playing any video game improves children's creativity.

Quick and simple games like Angry Birds can improve players' mood and prevent them from feeling anxious. The report also says that video games teach children how to react well to failure because players continually fail and try again. This makes them emotionally strong in real life.

Video games can improve social skills too, the report says. More than 70% of gamers play with a friend, and many take part in online games, like Farmville, with millions of other people. The players learn how to lead a group, work together and make decisions. Overall, the report accepts that some video games can have negative effects, but reminds us that they can have benefits too.

TASK 1:
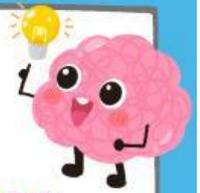
Read the passage carefully. Choose the best answer from the four options (A, B, C, or D)

1 Newspaper headlines about video games

- ☐ a) only talk about violent games.
- ☐ b) always present the same view.
- ☐ c) do not tell the truth.
- ☐ d) usually present a negative view.

2 You learn to think about things in three dimensions when you

- ☐ a) play combat games.
- ☐ b) play any kind of video game
- ☐ c) study engineering or maths.
- ☐ d) do scientific studies.

3 Research shows that role-playing games

- ☐ a) are the only games that make children more creative.
- ☐ b) do not provide as many benefits as violent games.
- ☐ c) help children to do well at school.
- ☐ d) help children to learn how to use computers.

4 The report also suggests that video gamers

☐ a) spend a lot of time on their own.

☐ b) learn some useful skills by playing with others.

☐ c) usually fail in other areas of their lives.

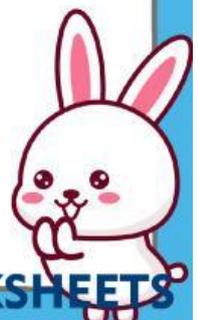☐ d) spend a lot of time feeling anxious.

5 According to the report, the effect of video games on children

☐ a) is mostly good.

☐ b) is mostly bad.

☐ c) is not known.

☐ d) is not very important.

6 According to the report, video games can help children:

☐ a) become more violent.

☐ b) improve their education, health, and social skills.

☐ c) avoid all negative effects.

☐ d) spend more time alone.

Decide whether it is True (T) or False (F) based on the reading passage.

1. Combat video games help children improve their 3D thinking skills.

T   F

2. All types of video games have a negative effect on children.

T   F

3. Playing video games can help children deal better with failure in real life.

T   F

4. Most gamers prefer to play alone rather than with others.

T   F

5. The report mentioned in the passage completely ignores the negative effects of video games.

T   F

THE END

BYE!