

Physical health



Activity 1



Are these statements true or false?

	Question	True or False
1	Looking at screen for a long time can cause eyestrain	
2	Not taking regular breaks when using computer can cause tiredness	
3	Using computing devices for a long time improves health	
4	Not sitting in correct posture can cause backpain, neck pain and pain in other parts of body	
5	Looking at screen constantly can cause headaches	