

## E8: READING ABOUT BENEFITS AND DRAWBACKS OF WATCHING TELEVISIONS

### I. Fill in the blank with the words in the box.

#### Advantages of watching television

advisers	motivate	expensive	cultures	educational
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I love watching TV and I think watching TV brings lots of benefits. In this busy, (1) ..... life, television is an easy and cheap source of entertainment.

By watching international news, we are kept informed and up-to-date with breaking news around the world.

Some shows and channels (like PBS and Discovery) offer (2) ..... programs that can increase our knowledge and make us more aware of the world around us.

Do-it-yourself shows give us easy access to all kinds of information: Cooking channels offer new recipes and methods, home improvement shows introduce us to many money-saving DIY tips, and financial (3) ..... give advice for managing finances and investing money, for example. Television can also be a good way to help people learn a different language.

Some shows can (4) ..... people who are interested in that field and help them to pursue their dreams.

TV can expand your mind. Some shows let you travel vicariously and teach you about different people, (5) ....., ideas, and places you might never encounter in real life. Watching a variety of shows might give us a broader understanding of the world we live in and expose us to things we might otherwise never come across in our own lives.

### II. Complete the following sentences with no more than three words.

#### Disadvantages of watching television

Sex, crime, and violence are frequently depicted on television and may have negative effects on impressionable children (and adults!). Kids who see violent acts are more likely to display aggressive or violent behavior and also to believe that the world is a scary place and that something bad is going happen to them. Ongoing studies have shown a lasting correlation between watching violence on

television and aggression that begins in childhood and continues into adulthood. Viewers sometimes imitate violent, criminal, sexual, or other risky behavior they see on television... and end up in trouble, in jail, or in a hospital as a result.

Watching too much television is not good for your health. Studies have shown that there is a correlation between watching television and obesity. Excessive TV watching (more than 3 hours a day) can also contribute to sleep difficulties, behavior problems, lower grades, and other health issues.

Television makes us antisocial, taking the place of family and friends.

It's a waste of time. Watching television fills the time a person might have spent doing important, enriching things like interacting socially with other human beings, being physically active, discovering the outdoors, reading, using one's own imagination, or accomplishing other things like working or doing homework or chores, or spending time with enriching hobbies like art, music, etc.

Television might be addictive. For those who watch a lot, it's very hard to quit, so it is similar to a dependency like alcoholism or any another addiction. Recent studies have found that up to 12% percent of TV-watchers feel unhappy about the amount of TV they watch, consider themselves addicts yet feel incapable of stopping themselves.

1. Sex, crime, and violence may have ..... on impressionable children.
2. Watching TV more than 3 hours per day can contribute to ..... behavior problems, lower grades, and other health issues.
3. We become ..... when we spend too much time on TV.
4. Spending time with ..... like art or music is better than only watching TV.
5. Those who watch TV too much may become .....