Name: ..... Class: ..... Date: .....

LESSON 95: Take Care

- **Theme:** *Health and Environment*

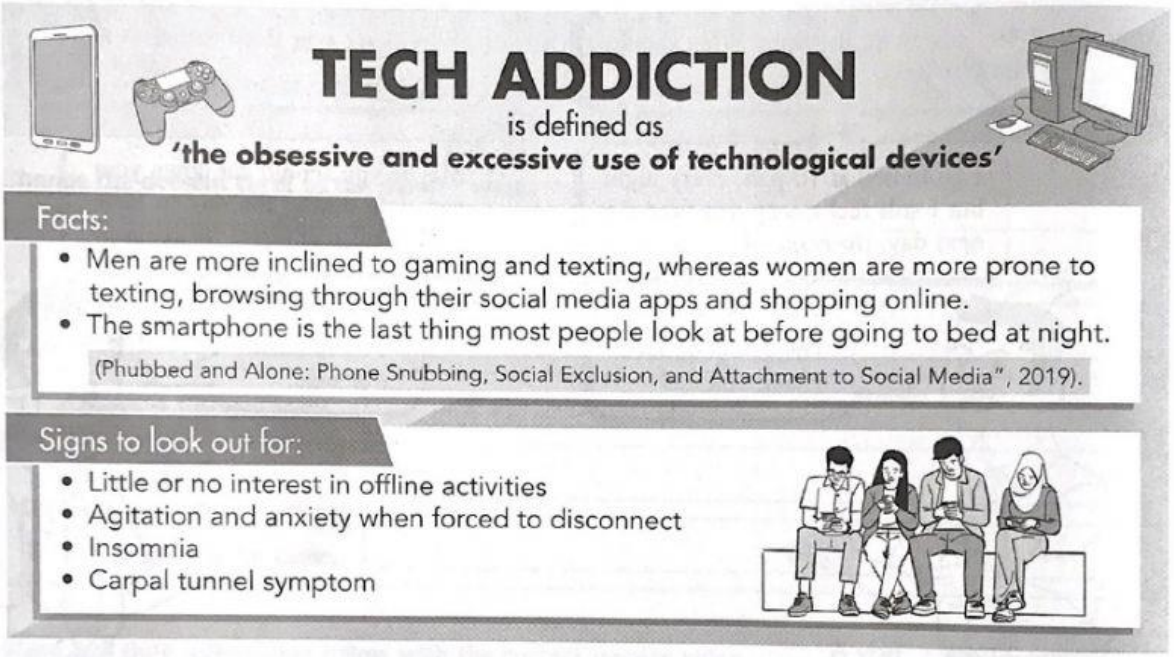
Performance Level

1 2 3 4 5 6

PBD Reading

Student's Book: Unit 9, p. 95

A. Study the infographic below.



B. Write 'True' or 'False' for these statements. DSKP: LS3.1.1

1 People who use tech devices excessively are likely addicted to them.	
2 Technological devices include tablets, computer, smartphones and gaming consoles.	
3 Among some of the things men do on the internet are shopping and checking the social media apps for updates.	
4 A majority of people listen to the radio before bedtime.	

C. Discuss and answer the questions below. DSKP: LS3.1.2

1 List a physical and emotional symptom of tech addictions.

(a) Physical: _____

(b) Emotional: _____

2 Suggest **two** ways to break technology addiction. HOTS Creation

(a) _____

(b) _____

LIVEWORKSHEETS