Reading

Games

Modern technologies like televisions and computers provide identifiable education. Over-use of technology, especially such gadgets as cell phones and video games, presents a whole range of problems which may interfere with a student's ability to learn and attend lessons.

Playing video games over an extensive period of time may cause social withdrawal outside of the gaming real. Although this does not always occur, it is possible if you do not occupy your time with other outdoor hobbies and activities. On a positive note, playing video games online with gamers around the world will allow you to socialize and communicate with various cultures with ease. You will have the ability to meet new online gamers each day.

It is easy to become addicted to gaming. Some students may attempt to do this in class, which disrupts their learning. They might also sleep less, which can slow down their thinking the next day. Kids putting in long hours on their gadgets will give less attention to assignments and may be irritable when they are away from their gadgets. There is circumstantial evidence linking a rise in Attention Deficit Disorder with increased use of video games, causing many scientists to worry about children causing permanent harm to their brains by spending too much time interacting with such gadgets.

Persistent use of high-tech gadgetry can lead to a slew of health problems for young and old alike. Apart from the repetitive strain injuries, video gamers are likely to suffer from eye problems caused by long exposure to the black-lit screens. A sedentary lifestyle - lack of exercise - discourages exercise and encourages obesity. Taking breaks in between will dramatically improve your health if you are not currently working your body out. Purchase fitness games that allow you to track your body's progress over time - motivating you if you can't seem to tear yourself away from the console.

Video games are definitely fun and entertaining and are also good for relieving tension. However, too much indulgence can lead to addiction which, in turn, can have physical as well as psychological effects on children.

Read and match the definitions with the correct UNDERLINED words from the text.

a- Alleviating usually some pain: _____

b- A huge number of:_____

c- Motionless and idle:_____

d- A short attention span:_____

e- Isolation, detachment and solitude: _____

True or False

1- The over use of technology can cause a lot of problems. TRUE FALSE

2- According to the text, playing online games will allow you to be isolated. TRUE FALSE

3- Children feel enthusiastic about learning when they are away from their gadgets. TRUE FALSE

4- A long exposition to the screen can cause backache. TRUE FALSE

5- According the text, playing games is fun and entertaining if we play a lot. TRUE FALSE