B2.1 LISTENING TEST

Listen to a report on binge-watching and complete the sentences with **one word**.

BINGE- WATCHING

Binge-watching implies watching (1).....or more consecutive episodes of a TV series in one (2).....

Digital streaming platforms like Netflix or Amazon have drastically changed our (3).....habits. Now instead of waiting to tune in to our favourite show, we can now enjoy an entire commercial-free (4)..... or series on demand.

Health experts already have several concerns about this guilty pleasure, like the way it can distract our natural (5).....cycle and can cause insomnia and fatigue. It also leads to a (6)..... lifestyle because when we sit for long periods of time we are more likely to snack on unhealthy food and avoid exercising and (7).....

There's a scientific explanation for feeling happy when binge-watching, which is the chemical called dopamine which is produced when we do something (8).....The more we watch the more we crave, since any activity or substance providing dopamine becomes an (9)..... On the other hand, some psychologists say that binge-watching is an effective (10).....reliever.

LIVEWORKSHEETS