READING COMPREHENSION. TEXT 2

Read this text carefully and tick the correct answers.

IS TECHNOLOGY AFFECTING ME?

Nowadays, we use digital devices* for almost everything. Consequently, we spend too much time looking at screens** every day: computer monitors at school, mobile phones to make a call or TV to relax at home. But, is looking at screens bad for our eyes?

People who spend many hours in front of a computer monitor often say that they have eye problems such as red eyes, eye irritation or double vision. It's sometimes difficult for them to see the words on the screen. This happens because their eyes are tired of looking at the same thing for too long.

Every time you use a computer or a laptop for a long time, you must give your eyes a rest. Take a break from the computer every 20 minutes and then look into the distance for 20 seconds and do this frequently.

The screens on digital devices such as smartphones or tablets emit*** a blue light that is bad for our eyes, especially before we go to sleep. Everyone likes to check their messages at night, but this is not a good idea because it stops us from sleeping well and makes us more nervous. You don't have to stop using your smartphone and tablet but don't do it before going to bed.

We cannot imagine our lives without technology but we cannot let digital devices affect our health. We have to learn to use them carefully and in an intelligent way. Remember that children should not spend more than two hours a day using digital devices and no screen time at all for children under two years of age. Just go outside and play more with your friends; it's much better for you than using digital devices.

Image from the website http://edition.cnn.com/2016/01/20/health/technology-addiction-affects-behavior/index.html

GLOSSARY

* **digital devices**: aparells digitals.
** **screens**: pantalles.
*** **emit**: projecten.

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READING COMPREHENSION. TEXT 2

27. We spend _____ time looking at screens.

a. no

b. too little

c. too much

28. The text says that people look at screens...

a. only in class.

b. in their daily lives.

c. just to read books.

29. Some people say that they suffer from _____ after looking at a computer monitor too much.

a. strong headaches

b. eye irritation

c. sore ears

30. The text says that eye problems occur when...

a. your eyes are tired.

b. the monitor is blue.

c. you don't wear glasses.

31. In the sentence "take a break from the computer", what does 'take a break' mean?

a. Wash your eyes.

b. Make a pause.

c. Have a drink.

32. You should look at the distance for _____ to rest your eyes from digital screens.

a. twenty seconds

b. twenty minutes

c. two seconds

LIVEWORKSHEETS

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33. The blue light emitted by digital devices _____ sleep.

a. affects

b. increases

c. is beneficial for

34. Do NOT look at your smartphone or tablet when you…

a. do your homework.

b. play outside.

c. go to bed.

35. The excessive use of electronic devices is not good for our…

a. school marks.

b. attention.

c. health.

36. The text recommends _____ rather than using digital devices.

a. going outside

b. staying at home

c. playing video games

37. Put the sentences as they appear in the text.

A.	**B.**	**C.**
Consequences of too much screen time for your eyes.	How often we use digital devices.	Recommendations for using digital devices in an intelligent way.

a. C → A → B

b. B → A → C

c. A → C → B

38. Find an alternative title for the text.

a. Screen time and your health

b. How to become a computer genius

c. Smartphones can make you happier

LIVEWORKSHEETS