

## Physical health



### Activity 1



Are these statements true or false?

|   | Question                                                                                     | True or False |
|---|----------------------------------------------------------------------------------------------|---------------|
| 1 | Looking at screen for a long time can cause eyestrain                                        |               |
| 2 | Not taking regular breaks when using computer can cause tiredness                            |               |
| 3 | Using computing devices for a long time improves health                                      |               |
| 4 | Not sitting in correct posture can cause backpain, neck pain and pain in other parts of body |               |
| 5 | Looking at screen constantly can cause headaches                                             |               |