

Unit 4 Couch Potatoes

1

Look at the title of the article below. What do you think a 'couch potato' is? Read the article and choose the best definition from the four below.

- a Someone who likes cooking and gardening.
- b Someone who enjoys active sports and hobbies.
- c Someone who spends their free time in front of the television.
- d Someone who doesn't play sports but enjoys other hobbies.

Couch Potato Kids

Many parents and teachers in the UK have expressed concern over the last few years about the number of hours that children spend in front of the television. According to recent statistics, teenagers watch between two and a half to three hours of television every day. Many watch television in the mornings while eating breakfast, but most viewing is done after school.

The most popular viewing times for teenagers are between seven and nine o'clock at night. They watch quiz shows, soap operas and music programmes. In the UK, research has shown that boys watch more sport and science fiction than girls. Girls watch more drama series, news programmes and documentaries.

There is increasing concern with rising obesity levels amongst children in the UK. Many people believe that a lack of physical exercise and too much time sitting in front of the television or computer screen is causing a generation of couch potatoes.



Source: www.ofcom.org.uk/research/tv

2. Listen to eight students talking about their activities. Write the number next to the activity.

- | | |
|---|---|
| ☐ a cooking | ☐ g gardening |
| ☐ b dancing | ☐ h playing tennis |
| ☐ c listening to music | ☐ i reading |
| ☐ d painting | ☐ j going shopping |
| ☐ e playing computer games | ☐ k swimming |
| ☐ f playing football | ☐ l watching TV |

