

Unit 5 Reading Worksheet 1

Name _____

1 Read and tick (✓) the images of screen time.

Screen Time

Some adolescents in the United States have got 9 hours of screen time every day. Many parents and doctors say a lot of screen time can be unhealthy. Screen time can be a **sedentary** activity. People don't move when they use their devices. And bodies don't like being sedentary all the time. Some people get injuries from their devices, like **sore wrists** or necks. People can also **hurt** their eyes. When they **stare** at screens all day, their eyes can become tired or sore. Also, some doctors say that screen time is bad for sleeping. When people are looking at their phones or computers, they are not talking to the people around them. Some people think this is anti-social or **rude**.



2 Read and complete the sentences.

1. Adolescents in the US can have up to 9 hours of screen time.
2. Parents and doctors say that screen time can be _____.
3. Screen time is a _____ activity; people don't move.
4. Bodies don't like _____ sedentary all the time.
5. Looking at screens all day can hurt your _____.
6. People can think you are _____ if you look at your phone all the time.



3 Read and circle T (True) or F (False).

- | | | |
|-------------------------------------------|---|-----|
| 1. A lot of screen time is always good. | T | (F) |
| 2. Screen time can be bad for the body. | T | F |
| 3. Having screen time can hurt your neck. | T | F |
| 4. Using devices is never rude. | T | F |

Glossary.....

sedentary: with no movement

sore: painful, hurting

wrists: joints that connect hands to arms

hurt: injure, harm, damage

stare: look at constantly

rude: impolite, offensive



4 Stop and Think! Do you think a lot of screen time is unhealthy? Why? Why not?