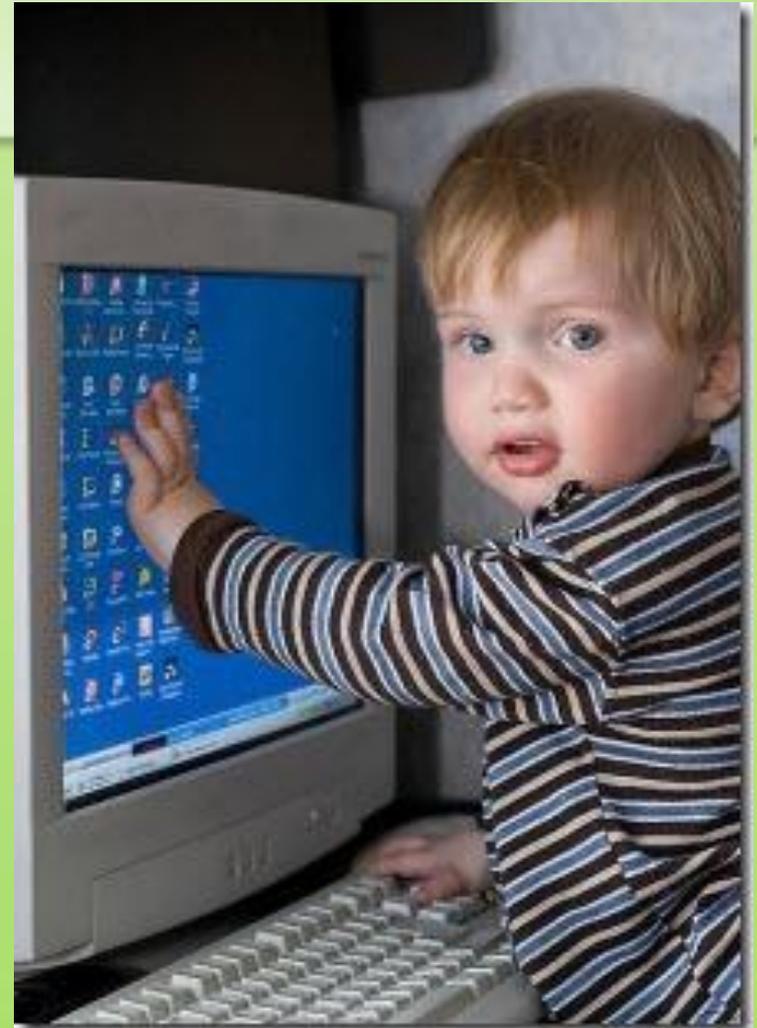


How Much Screen Time Is Too Much for Children?



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School No. 757

Moscow, 2012

MENU

I. Vocabulary

II. Listening 1

III. Listening 2

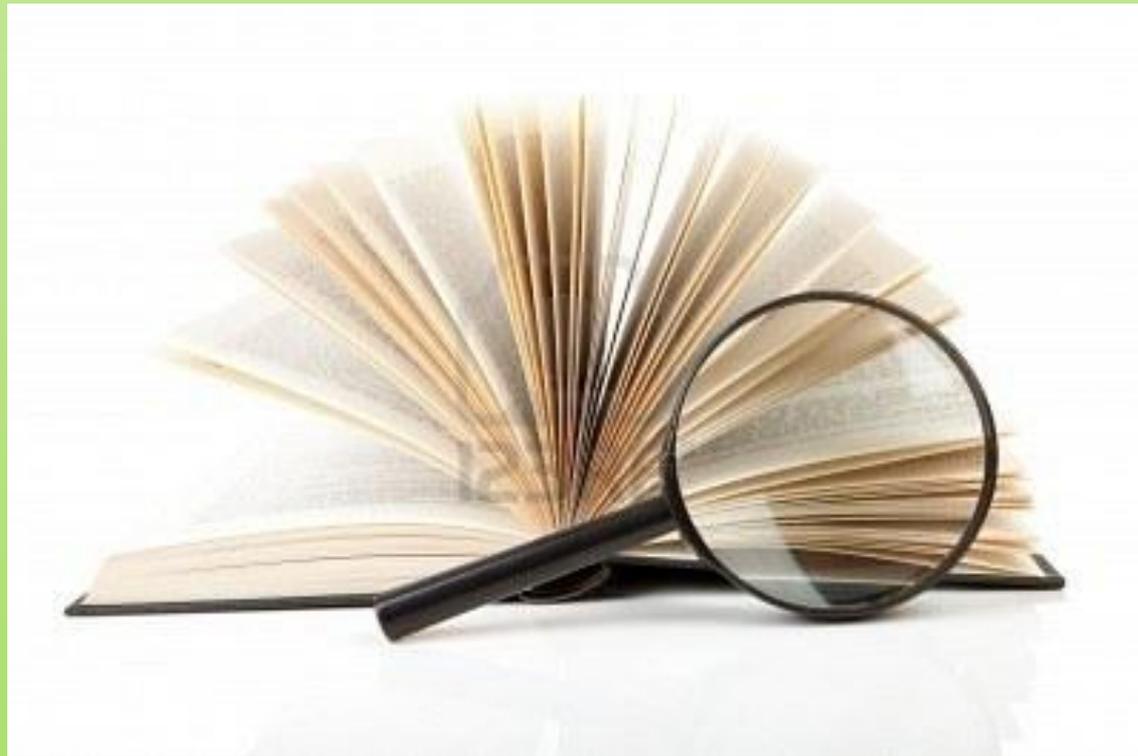
IV. Reading 1

V. Reading 2

VI. Reading 3



Vocabulary



Find the English equivalent of the following words:

игнорировать

синдром

офтальмолог

мигать

оптик

избегать

усталость



СИНДРОМ

optometrist

ignore

syndrome

blink

avoid

ophthalmologist

fatigue



ОПТИК

syndrome

ignore

blink

avoid

optometrist

ophthalmologist

fatigue



ИГНОРИРОВАТЬ

syndrome

optometrist

blink

avoid

ignore

ophthalmologist

fatigue



МИГАТЬ

[syndrome](#)

[blink](#)

[optometrist](#)

[ignore](#)

[avoid](#)

[ophthalmologist](#)

[fatigue](#)



ИЗБЕГАТЬ

syndrome

optometrist

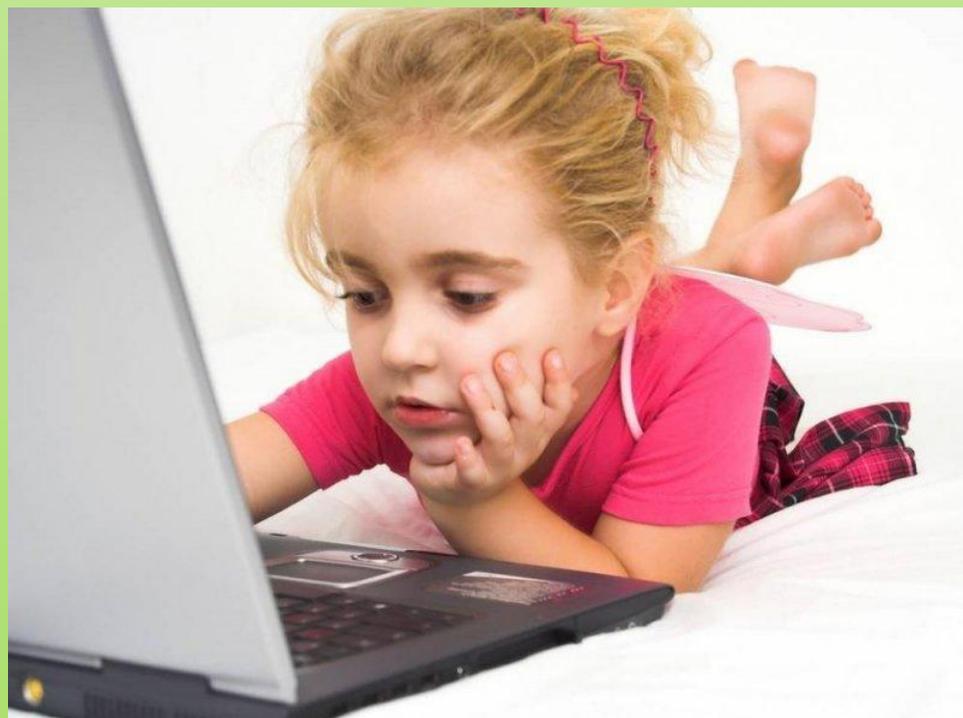
avoid

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ОФТАЛЬМОЛОГ

syndrome

ophthalmologist

optometrist

ignore

blink

avoid

fatigue



УСТАЛОСТЬ

syndrome

optometrist

fatigue

ignore

blink

avoid

ophthalmologist



Well done!



Try again!



Read the title of the article

How Much Screen Time Is Too Much for Children?

What do you think the article is about?

Choose the correct answer:

This article will probably be about how children_____.

1. don't spend much time on computers.

2. spend a lot of time on computers.



Well done!



Try again!



LISTENING 1



Menu

Read and listen to the Article:



How Much Screen Time Is Too Much for Children?

Children can spend hours a day looking at computer screens and other digital devices. Some eye care professionals say this leads to an increase in “computer vision **syndrome**.”

Nathan Bonilla-Warford is an **optometrist** in Tampa, Florida. He says he has seen an increase in problems in children.

“I see a lot more children who are coming into the office either because their parents have noticed that they have headaches or red or watery eyes or discomfort, or because their prescription, their near-sightedness, appears to be increasing at a fast rate and they're worried.”

Dr. Bonilla-Warford says part of the problem is that children may be more likely than adults to **ignore** early warning signs.

“Even if their eyes start to feel uncomfortable or they start to get a headache, they're less likely to tell their parents, because they don't want to have the game or the computer or whatever taken away.”

Comprehension

1. Children can spend 5 hours a day looking at computer screens.

a) True

b) False

c) Not stated

2. Dr. Bonilla - Warford has seen an increase in "computer vision syndrome" in children.

a) True

b) False

c) Not stated

3. Parents take their children to the optometrist because they notice and are worried about eye problems their children have.

a) True

b) False

c) Not stated

4. Children often complain their parents of eye discomfort.

a) True

b) False

c) Not stated



Well done!



Try again!



LISTENING 2



Listen to the second part of the radio program about "computer vision syndrome" and get ready to answer if the following statements are true, false or not stated:



1. People blink more often when they use digital devices.

- a) True
- b) False
- c) Not stated

2. Eyes become dry when you don't blink 20 times a minute.

- a) True
- b) False
- c) Not stated

3. When you blink your eyes stay moist and protected like normal.

- a) True
- b) False
- c) Not stated

4. The rule 20/20/20 suggests " every 20 minutes, look away 20 feet or more for at least 20 seconds from the screen.

- a) True
- b) False
- c) Not state



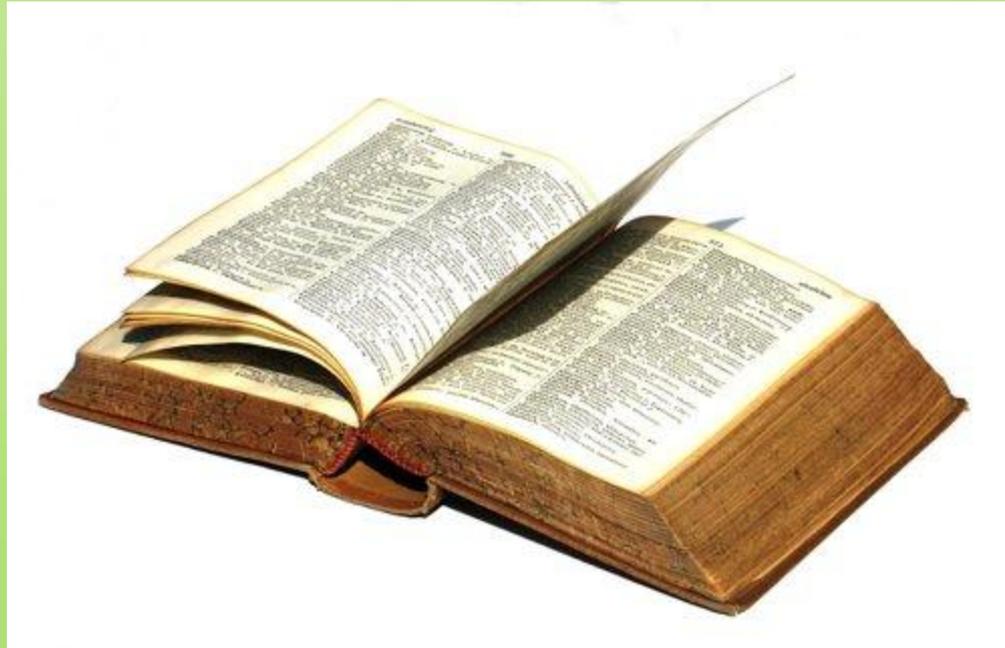
Well done!



Try again!



READING 1



How Much Screen Time Is Too Much for Children?

Children can spend hours a day looking at computer screens and other digital devices. Some eye care professionals say this leads to an increase in “computer vision syndrome.”

Nathan Bonilla-Warford is an **optometrist** in Tampa, Florida. He says he has seen an increase in problems in children.

“I see a lot more children who are coming into the office either because their parents have noticed that they have headaches or red or watery eyes or discomfort, or because their prescription, their near-sightedness, appears to be increasing at a fast rate and they're worried.”

Dr. Bonilla-Warford says part of the problem is that children may be more likely than adults to **ignore** early warning signs.

“Even if their eyes start to feel uncomfortable or they start to get a headache, they're less likely to tell their parents, because they don't want to have the game or the computer or whatever taken away.”

Choose which option best answers the questions

1. What leads to an increase in "computer vision syndrome"?

- a) too much time children spend in front of computer or TV screen
- b) children don't tell their children about their health problems
- c) children don't follow doctor's prescription

2. What problems can be caused by too much screen time?

- a) headaches and red or watery eyes
- b) damage to the eyes
- c) computer be taken away

3. Why do children not tell their parents about eye discomfort or headaches?

- a) they are afraid of doctors
- b) they don't want to have their computer taken away
- c) they don't want to be taken to the optometrist



Well done!



Try again!



Read the script of part one and choose the correct form of the verbs.

Spending hours in front of computer screen (lead, has lead, leads) to an increase in "computer vision syndrome". The optometrist Bonilla - Warford (say, said, says) that children may be more likely than adults to ignore early warning signs. He says he (see, sees, has seen) an increase in problem in children. Dr. Bonilla - Warford sees a lot more children who are coming into the office because their parents (notice, noticed, have noticed) that they have headaches or red or watery eyes or discomfort. Children (don't complain, didn't complain, complain) of their health problems because they (want, don't want, didn't want) to have the game or the computer taken away.



Well done!



Try again!



Choose the only correct variant in each sentence:

1. A symptom of "computer vision _____" is that your eyes hurt.

- a) device
- b) system
- c) syndrome
- d) signs

2. When you _____, your eyes stay moist.

- a) stare
- b) look
- c) watch
- d) blink

3. An _____ will tell you if you need glasses.

- a) optimist
- b) optometrist
- c) ophthalmologist
- d) doctor

4. Don't _____ the problem! It won't go away on own.

- a) see
- b) ignore
- c) avoid
- d) solve



Well done!



Try again!



READING 2



Listen to the second part of the radio program about "computer vision syndrome" :

He says another part of the problem is that people **blink** less often when they use digital devices.

“The average person who uses a computer or an electronic device blinks about a third as much as we normally do in everyday life. And so that can result in the front part of the eye drying and not staying moist and protected like normal.”

Eye doctors offer suggestions like following which is known as the 20/20/20 rule.

“Every twenty minutes, look away twenty feet or more for at least twenty seconds from whatever device you’re using.”

Other suggestions include putting more distance between you and the device and using good lighting. Of course, another way to **avoid** eye strain is to spend less time looking at screens. Many experts say children should spend no more than two hours a day using digital devices -- with no screen time for children under two.

But not all eye doctors have noticed an increase in problems in children. Dr. David Hunter is a pediatric **ophthalmologist** at Children’s Hospital Boston. He also is a spokesman for the American Academy of Ophthalmology. He has not seen an increase in his practice.

“While it is possible to develop **fatigue** looking at various screens for a long period of time, there’s certainly no evidence that it actually causes any damage to the eyes.”



Read the script of part two and insert the missing parts of sentences (they are given after the text).

He says another part of the problem is that people _____ when they use digital devices.

“The average person who uses a computer or an electronic device _____ as much as we normally do in everyday life. And so that can result in the front part of the eye drying and not staying moist and protected like normal.”

Eye doctors _____ like following which is known as the 20/20/20 rule.

“Every twenty minutes, _____ twenty feet or more for at least twenty seconds from whatever device you’re using.”

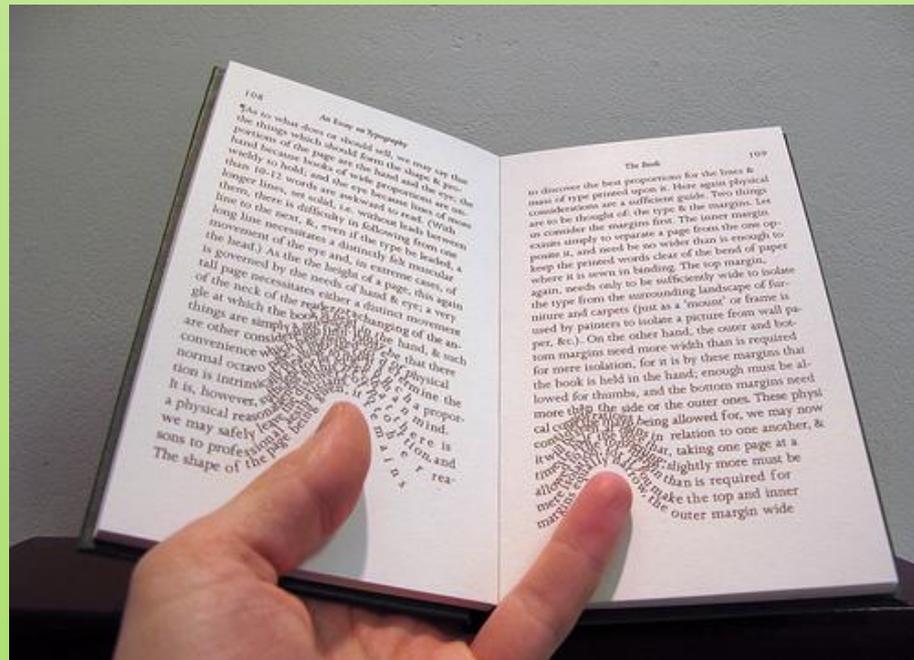
Other suggestions include putting more distance between you and the device and using good lighting. Of course, another way _____ is to spend less time looking at screens. Many experts say children should spend no more than two hours a day using digital devices -- with no screen time for children under two.

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“While it is possible _____ looking at various screens for a long period of time, there’s certainly no evidence that it actually causes any damage to the eyes.”

- a) *blink less often*
- b) *blinks about a third*
- c) *offer suggestions*
- d) *look away*
- e) *to **avoid** eye strain*
- f) *to develop **fatigue***

READING 3



Translate into English:

Влияние компьютера на зрение у детей: мифы и реальность.

Работа на компьютере в течение целого дня - физически напряженная работа. При работе за компьютером целый день, глаза получают наихудшее наказание.. При использовании вашего компьютера частота мигания уменьшается резко до 70 процентов. Вообще говоря, это означает, что вместо того, чтобы моргнуть в среднем 18 раз в минуту, вы мигаете 4 раза в минуту.

1. Сидение слишком близко к экрану, может нанести вред зрению вашего ребенка.

Миф. "Сидение перед телевизором или экраном компьютера в течение четырех часов может препятствовать(hinder) интеллектуальному развитию ребенка, но не вредит зрению", отмечает д-р Марк Борхерт, начальник отдела видения Центра детской больницы Лос-Анджелеса.

Почти половина всех детей проводит четыре или более часов в день с у компьютеров и электронных устройств, согласно последним национальным обследованиям. Доктор Борхерт отмечает, что у детей могут развиваться нарушения зрения, головные боли и другие проблемы при фокусировке слишком долго на одном объекте, например, на экране компьютера. Длинные сессии видеоигр могут иметь неблагоприятные последствия, такие как снижение социального взаимодействия или меньше времени на выполнение домашних заданий, однако, не оказывают постоянного вреда глазам ребенка.

Children's Eye Health Fact and Myth

Working at the computer all day is a physically demanding job. When working at the computer all day long, the eyes receive the worst punishment. When using the computer your blink rate decreases by 70 percent. Generally speaking it means that instead of blinking an average of 18 times per minute, you are now blinking 4 times per minute.

1. Sitting too close to the TV will damage your child's eyes.

Myth. "Sitting in front of the TV or a computer screen for four hours may hinder your child's intellectual development but it will not damage their eyes," notes [Dr. Mark Borchert](#), division head of The Vision Center at Children's Hospital Los Angeles.

Nearly half of all kids spend four hours or more per day using computers and electronic devices, according to a recent national survey. Dr. Borchert notes that children can develop blurred vision, headaches and other problems when focusing too long on one object, such as a computer screen. Long video game sessions may have adverse consequences such as reduced social interaction or less time doing homework, however, they will not permanently damage a child's eyes.

Translate into English:

"Если ребенок сидит слишком близко к экрану телевизора или компьютера, то, наверное, потому что ему нужны очки, чтобы хорошо видеть. Сидение очень близко к экрану не приводит к необходимости носить очки.", сказал д-р Борхерт.

Для того, чтобы компьютерное место стало для вашего ребенка более комфортным, убедитесь, что экран находится на уровне глаз. Уменьшите блики экрана с помощью настольной лампы с регулятором яркости (dimmer), чтобы не было большого контраста между яркостью экрана и комнаты. Убедитесь, что ваш ребенок не видит свое отражение на экране.

Приучите соблюдать (Enforce) правило 20/20. Попросите ребенка делать 20-секундный перерыв каждые 20 минут экранного времени, либо вставая и потягиваясь, либо глядя в окно.

Озабоченность тем, что телеэкран вредит зрению детей уходит корнями в 1960-е годы, когда обнаружили, что некоторые модели первых цветных телевизоров излучают большое количество рентгеновского излучения(X-rays). Проблема была вскоре решена, и современные мониторы ТВ и новые модели ЖК-дисплеев безопасны и не излучают (emit) опасные лучи.

"If a child is sitting too close to the TV or computer screen, it is probably because he needs glasses to see well. Sitting very close to the screen will not cause them to need glasses," said Dr. Borchert.

To make your child's computer station more comfortable, make sure the screen is at eye level. Reduce screen glare by using a desk lamp with a dimmer so there isn't a big contrast between the brightness of the screen and the room. Make sure your child can't see her own reflection on the screen.

Enforce the 20/20 rule. Have your child take a 20-second break for every 20 minutes of screen time, either by getting up and stretching or by looking out the window.

The concern about TV screens damaging young eyes originated in the 1960s when some early color TV sets were discovered to be emitting high amounts of X-rays. The problem was soon corrected and modern TV monitors and new LCD models, are safe and do not emit any dangerous rays.

Which words or phrases will you hear in the extract?

There are 5 correct options.

problems
headache
computer screen
eye discomfort
football
spend time
outdoor activities
holidays