

- 1 Read and translate the title. Then write down your opinion in 30-50 words.** / Přečti a přelož nadpis. Pak vyjádři svůj názor v textu o 30-50 slovech.

IS YOUR SMARTPHONE HURTING YOU?

.....

.....

.....

- 2 Unscramble the words.** / Slož z písmen správná slova.

a) an average .....	ROPENS
b) a harmful .....	TEFCEF
c) chronic .....	INAP
d) a repetitive .....	NICATO
e) an eventual .....	TOCUMOE
f) constant .....	TITINEREPO

- 3 Write down six synonyms of the word *amazing*.** / Napiš šest synonym (slov stejného významu) k výrazu *amazing*.

1) .....	3) .....	5) .....
2) .....	4) .....	6) .....

- 4 There is one mistake in each sentence. Circle it and write the correct version on the right.** /

V každé větě je jedna chyba. Zakroužkuj ji a napravo napiš správnou verzi.

### IS YOUR SMARTPHONE HURTING YOU?

- |  |          |
|--|----------|
| 1) Our smartphones are the most usefully objects in our pocket.  | 1) ..... |
| 2) At seconds, we can read the news, text mom, or find out the weather in Africa.  | 2) ..... |
| 3) It's amazing what useful smartphones are.   | 3) ..... |
| 4) But we use them too many.   | 4) ..... |
| 5) The average person touches their smartphone 2,617 times a day, checks it 63 times a day, and spends more than 3 hours a day to use it. ( <i>their</i> is not a mistake) | 5) ..... |
| 6) This can to be very harmful to our mental and physical health.  | 6) ..... |
| 7) So, what can we make about it?  | 7) ..... |

- 5 Fill in the correct prepositions.** / Doplň správné předložky.

### PHYSICAL HEALTH

Most people hold their head ..... <sup>1</sup> a 60-degree angle when they use a smartphone. This can cause chronic neck pain and even headaches. Smartphones also damage our hands. We use the same fingers and thumbs ..... <sup>2</sup> the same way each time we use our phone. This repetitive action can cause long-term pain and damage. Eventually, you could even lose use ..... <sup>3</sup> your fingers.

Smartphones are very damaging ..... <sup>4</sup> our physical fitness. Nowadays kids spend much more time ..... <sup>5</sup> their phone than doing sports or playing ..... <sup>6</sup> their friends. Because ..... <sup>7</sup> this they are becoming less physically fit. We can also do so much ..... <sup>8</sup> our smartphones, like order clothing, shop ..... <sup>9</sup> food, or download books. Because we can do all these things ..... <sup>10</sup> our phones, we move a lot less. These habits could make us more obese and much less healthy.



- 6 Answer the questions.** / Odpověz.

1) When did you get your first mobile (phone)? 2) Do you remember the brand? 3) Do you still have it? If not, do you have any idea where it is? 4) Have you ever experienced any physical problems caused by your mobile?



## 7 Match each expression to its definition. / Spoj výrazy s jejich definicemi.

- |                   |  |
|-------------------|--|
| 1) melatonin      | a) to stop/break continuity of something               |
| 2) to confuse     | b) to focus on a particular object or activity         |
| 3) to concentrate | c) a hormone that helps control the body's sleep cycle |
| 4) a distraction  | d) continuously; always                                |
| 5) constantly     | e) a thing that prevents someone from concentrating    |
| 6) to interrupt   | f) to perplex  |

## 8 Fill in the gaps with the correct prepositions from the box. / Doplň do mezer správné předložky z rámečku.

to | with | next to | of | before | of | by | on | with | at | of | for | at | to

### MENTAL EFFECTS

Smartphones are very much connected ..... <sup>1</sup> sleep problems. Scientists say that 71% of us sleep ..... <sup>2</sup> our phones ..... <sup>3</sup> us. Also, 80% ..... <sup>4</sup> us check our phones within one hour before going to sleep. The blue light from the phone screen slows down melatonin, which helps our body's sleep cycle. The blue light also tells our brains it's time to be awake. So when we use a phone ..... <sup>5</sup> bed we confuse our brains and body. This makes falling asleep and waking up much harder. Because ..... <sup>6</sup> this we are often tired and can't concentrate during the day. One of the biggest problems caused ..... <sup>7</sup> smartphones is distraction, which means we can't focus ..... <sup>8</sup> activities. We always have our smartphone ..... <sup>9</sup> us and we look ..... <sup>10</sup> it constantly. Because ..... <sup>11</sup> this, we have problems doing activities ..... <sup>12</sup> a longer time. Also, every time we look ..... <sup>13</sup> our phone we interrupt other activities like reading or studying. Our brains then must return ..... <sup>14</sup> the task that was interrupted. So it can take much longer to read a text or learn something.



## 9 Before reading the last part of the article, put down three suggestions that you believe could make our lives with smartphones healthier. / Než si přečteš poslední část textu, navrhní tři zásady, při jejichž dodržení by podle tebe mohl být náš život s chytrými telefony zdravější.

- 1) .....
- 2) .....
- 3) .....

## 10 a) Read the text and circle YES for the suggestions that you apply in your life. / Přečti si text a zakroužkuj YES u pravidel, která uplatňuješ ve svém životě.

### WHAT CAN WE DO?

**We can do things to stop smartphones from damaging our health.**

At night, turn off your phone at 7 pm and don't turn it back on until the next day.  
This will help you sleep better.

To help you stay focused, turn off your notification sound.

Also, set time limits. For example, only use your phone for five minutes every hour.

When you're not using it, put it in your bag or turn it off so it's not so easy to check it.

You could also schedule activities away from your phone.

Go for a long walk without your phone. This will also help you get some exercise.

Schedule an hour or so to read or do homework and turn your phone off until the hour is over.

This will help you focus more. Don't worry, when you finish your homework your phone will still be there.

YES	NO
YES	NO
YES	NO
YES	NO
YES	NO
YES	NO
YES	NO

**Discuss your answers with your classmates.** / Prober své odpovědi se spolužáky.