Class: _____   **Name:** _____   Score: ____ /15

[1-4] Complete the sentences.

discomfort	popular	regular	spend

1. One of the most _____ games is video games.

2. Some people _____ a lot of time playing video games.

3. Do you ever experience eye _____ when viewing digital screens?

4. You should try to reduce your screen time and get _____ eye exams.

[5-8] Choose the correct words.

5. The more they play video games, the more their (quality / diet) of life decreases.

6. You can play them as a (headache / reward) after hard work.

7. (Returning / Staring) at a screen for too long is not good for your eyes.

8. Your eye muscles will (happen / relax) when you look far away.

[9-11] Read and answer the questions.

Video game addicts usually play for ten or more hours a day. They play games instead of doing homework or studying for tests. Also, they do not spend enough time with their family and friends. Game addicts commonly have poor diets. They use energy drinks to stay awake and eat instant foods while playing games. The more they play video games, the more their quality of life decreases.

9. What is the paragraph mainly about?

ⓐ what video game addiction is

ⓑ the solution to video game addiction

ⓒ the life of video game addicts

10. What do video game addicts usually use to stay awake?

ⓐ instant foods   ⓑ energy drinks   ⓒ special screens

11. What is true about video game addicts?

ⓐ They usually play games for less than ten hours.

ⓑ They commonly have good diets.

ⓒ Their quality of life decreases as they play more games.

[12-15] Read and answer the questions.

Thankfully, computer vision syndrome is preventable if you follow the simple 20-20-20 rule. Take a 20-second break every 20 minutes. And look at something that is 20 feet (about 6 meters) away. Your eye muscles will relax when you look far away. Also, you should try to reduce your screen time and get regular eye exams.

Be careful with your eyes. **They** are your windows to the world!

12. What is the paragraph mainly about?

ⓐ what computer vision syndrome is

ⓑ the symptoms of computer vision syndrome

ⓒ how to prevent computer vision syndrome

13. What does NOT help prevent computer vision syndrome?

ⓐ following the 20-20-20 rule

ⓑ increasing your screen time

ⓒ getting regular eye exams

14. What does **They** refer to?

ⓐ your eye muscles   ⓑ your eyes   ⓒ your windows

15. What is NOT true about the 20-20-20 rule?

ⓐ You should look at something 20 meters away.

ⓑ You should take a break every 20 minutes.

ⓒ You should take 20-second breaks.