

Mickey is reading an article about using the computer. Read it carefully and choose the best answers for Questions 1-6. (12 marks @ 2 marks)



Listening



Reading



Writing

_____ ?

_____ (i)

It is now convenient to communicate with others via the Internet because of modern **technology**. These days, it is common for young people to have a computer at home. They often spend their spare time surfing the Net or chatting with friends online. However, many of **them** do not notice how their health is **affected** when they spend too much time on computers. Here are some tips on the proper use of computers.

_____ (ii)

Staring at the computer screen for a long time puts pressure on your eyes. This can hurt them and make you feel more tired. It is important to take a break every two hours to rest your eyes. However, this may not be enough for some people. According to a recent study, **blinking** your eyes more often can keep them moist. Most importantly, your eyes should be 45 cm to 60 cm away from the computer screen while your computer desk should be 51 cm to 67 cm high.

_____ (iii)

Apart from that, you should pay attention to the way you sit. If you don't sit properly, your back may hurt and start to hunch. Therefore, you should always sit up straight on a **firm** chair instead of a soft one as a firm chair can offer more support to your back. You may also use a seat cushion to help **straighten** your back. However, your chair should be no higher than 46 cm or lower than 40 cm.

_____ (iv)

To sum up, you should start taking good care of your body sooner than later. This can prevent you from getting different chronic diseases or health problems in the future. Follow the above tips and you can enjoy modern technology while staying healthy!

