

VOCABULARY

1. Complete sentences with correct forms of words given below.

ADDICT

- a) Some people claim that jogging can be highly _____.
- b) He admitted he was _____ to cigarettes.
- c) There is a growing problem of an _____ to drugs in our cities.

OBSESS

- a) Food has become an _____ for many people.
- b) She had an _____ interest in him and his life.
- c) I believe that she was _____ with her work.

HARM

- a) Looking at a computer monitor for a long time can be _____ to the eyes.
- b) We need to use natural resources without _____ the environment.
- c) Anyone who has ever met him will tell you he is completely _____.

BORE

- a) They started quarrelling out of sheer _____.
- b) I can't continue listening to this _____ speech.
- c) I'm really _____ with his endless complaining.

2. Discuss:

- What are you addicted to? Have you tried to quit it?
- What are kids and teens obsessed with nowadays?
- What are modern addictions?
- To what extent do you think you are addicted to your smartphone?

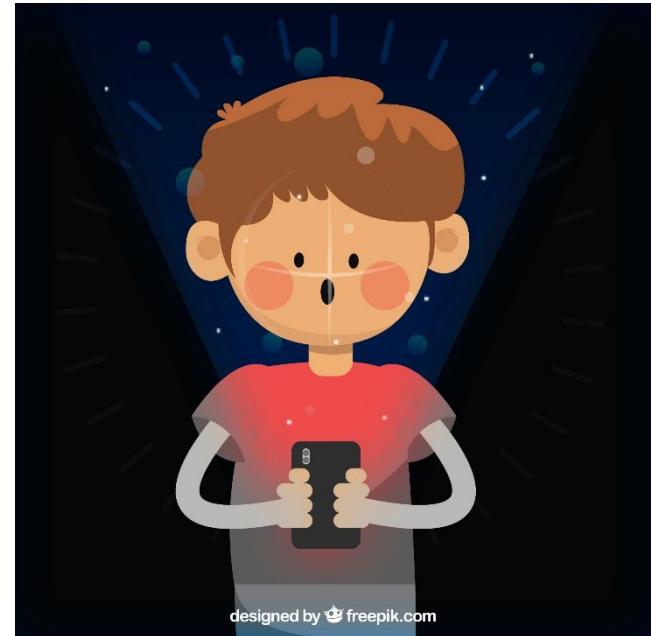
VIDEO

3. Watch the video and answer the questions.

- a) In what occasions do people use their cell phones?
- b) What consequences does the use of smartphones have?
- c) What does the digital detox involve?
- d) What are the benefits of the digital detox?
- e) Could you do such a detox?
- f) Should we be concerned about the issue?

4. Look at the activities below and tell how often you do them with your phone?**multiple times a day****multiple times a week****at least weekly**

- making calls
- texting
- sending and reading emails
- searching for information
- taking pictures
- checking the weather
- researching products and services
- searching for a store
- sharing and posting photos
- using maps
- using social media sites

**GRAMMAR****5. There are a few expressions in English to talk about preferences. See the example sentences below and complete the grammar structure forms:**

- I prefer to do some sport rather than watch TV all day long.
- We prefer chatting with people online to calling them.
- She would rather call somebody than text.
- They prefer coffee to tea.
- I would prefer to finish work at 3 p.m. on Fridays.

- would rather + **do + than + do**
- would prefer + _____
- prefer + _____ + to + _____
- prefer + _____ + _____ + _____
- prefer + _____ + rather than + _____

6. Work in pairs and discuss what you would choose in the situations below and give reasons. Use the expressions from exercise 5 (*would rather/would prefer/prefer*).

- meet online **vs** meet in real life
- call **vs** text
- smartphone **vs** laptop
- lose a wallet **vs** lose a phone
- shop online on your mobile **vs** on a computer
- stop watching TV **vs** stop watching YouTube
- iPhone **vs** Android phone
- give up the phone **vs** lose some friends