信手拈词 · 不再词穷
（第六套）

媒体类

负面影响

网络游戏	cyber games
看太多的电视	excessive TV viewing
长时间暴露于	heavy / excessive / prolonged + exposure to
没有监管	without supervision / monitoring
没有监管使用电脑	have unsupervised access to computers

1. 影响身体

1) 久坐

损坏视力	impair one's eyesight
近视	suffer from shortsightedness or myopia
眼睛疲倦干涩	eye strain and fatigue

2) 暴食

广告	advertisements / adverts / commercials
零食广告	snack food + advertisements / adverts
过度地	overly / excessively

例题：Many people spend lot of time watching sports programs on TV or following their favorite sports teams. Doing these two things will have negative impacts on their life.

看电视 ->暴食

Heavy exposure to prolonged watching of sports programs increases the risks of obesity and weight gain. To be more specific, unhealthy food adverts between sports programs can stimulate the consumption of high-calorie food, such as sugared soda, chocolate and dairy products; on the other hand, never will people consume such food when not spending much time in watching TV.

2. 影响心理

1) 懒惰

沉溺网络游戏	the addiction to video games
沉浸于	be addicted to / be indulged in / be immersed in / be plunged in
被诱惑	be tempted by / be allured by
不写作业	skip one's homework
得低分	score lower grades
注意力时长变短	have shorter attention spans
学习效率	learning efficiency

独家课程："精批精讲你的作文"，托福写作·一课搞定，写作 28+分的摇篮

例题：Movies and television programs have more negative influence than positive ones on how young people behave.

看电视 -> 懒惰

It is found that students' addiction to video games and their poor academic performance are closely connected. In detail, when viewing movies and television programs excessively, students will have shorter attention spans, skip their homework routinely and even get low grades; however, they will engage themselves fully in learning when not watching too much TV.

2) 暴力

暴力	violence and aggression
有暴力倾向	have violence tendencies
表现出暴力行为	show aggressive behaviors
给孩子传递错误价值观	impart / instill + children + with wrong values
有趣的	enjoyable / amusing / pleasant / entertaining / delightful

例题：Movies and television programs have more negative influence than positive ones on how young people behave.

看电视 -> 暴力

Viewing the information of violence on televisions can increase young people's potential for aggression. In detail, video games, imparting them with the wrong values that violent solutions are recommended, can make it enjoyable to watch violence in the media and even desensitize the youth towards violence in reality; on the contrary, the access to violence will be denied when young people seldom watch movies or TV.