Vikram’s English Academy (ICSE)

COMPREHENSION 3

**Read the following passage and answer the questions given below:**

**1. Give meanings:**

**(i) implement-** execute, apply, carry out

**(ii) lethargic-** inactive

**(iii) chronic-** persistent, long lasting

**2. Answer the following questions:**

**i) What did Wilhelm Dietz conclude?**

Wilhelm Dietz concluded that children soon shed their excess pounds when they stopped spending much time in front of the TV set, from the tests which he carried out at several schools in Massachusetts and a clinic in Pittsburgh, Pennsylvania.

**ii) How can one reduce weight effectively?**

One can reduce weight effectively by watching television for less number of hours that is for not more than one or two hours.

**iii) What happens when children watch TV for more time?**

When children watch TV for more time, they tend to eat the things advertised on TV which usually are high-fat snacks, potato crisps or chocolate. They also tend to get more lethargic.

**iv) Which bonus strategy should parents implement? Why?**

The bonus strategy which parents should implement is that they should allow their children half an hour of TV for every hour they spend playing outdoors.

**3. In not more than 50 words summarize the side effects of watching TV excessively.**

The tests showed that children shed excess pounds on reducing TV time. The more T.V. they watch, the more they eat the things advertised on TV and also get more lethargic. They gain weight by sitting motionless in front of TV and they eating high- fat snacks, potato crisps and chocolates.