

Health In Progress

Lesson 21

Watching TV



QUESTION 21:

People who watch a lot of television are at risk of becoming overweight because:

- a. They tend to snack while watching television
- b. They are not burning calories and missing opportunities to being active
- c. Television advertisements make them hungry for food
- d. All of the above

ANSWER: d. All of the above

1. **Spending too much time (more than two hours a day) in front of a TV or computer can be hazardous to your health!** You use very little energy and lose out on the opportunity to be more active. Snacking at the same time increases the health risks because you are adding calories and not burning any calories.
2. **Here are some ways to help keep your TV viewing in balance:**
 - **Set limits on the amount of TV you watch per day.** Only watch one or two hours per day. Before you watch television, finish all of your homework and chores. Only watch your favorite shows. When your show is over get up and go to something else instead of watching TV.
 - **Plan your TV viewing in advance.** Keep a family T.V. viewing schedule where everyone can see it (by the TV, in her bedroom, or on the refrigerator) as reminder.
 - **Parents should know what television shows your are watching.** Not everything on TV is appropriate for children. Ask permission before you watch a new show.
 - **Don't watch TV watching during dinner.** Dinner is often the only time that families are able to be together during the day. If the TV set is on at the same time, it will get in the way of talking to each other.
 - **Keep televisions in family rooms and not in bedrooms.** When a child watches TV in his own bedroom, it is harder for parents to guide his program choices. He may get less sleep, causing him to be tired at school the next day.
 - **Keep books, magazines and board games in the TV room.** Always read the book before you see the movie - the book is almost always better!

ACTIVITY: Give each student an Activity Log Sheet and ask them to keep track of their activities for one 24 hour period.