

ใบความรู้ที่ 1 เรื่อง Technology and Our Health
หน่วยการเรียนรู้ที่ 4 เรื่อง Science and Technology
แผนการจัดการเรียนรู้ที่ 45 เรื่อง Technology and Our Health (1)
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Could your **phone** be bad for your health?

Our planet has been made smaller by all kinds of technology. Mobile phones, along with the Internet, have enabled us to message a lot of people with a single touch and attend online classes from our bedroom during the pandemic. No doubt – it is a handy tool. **Yet**, misuses of smartphones can cause negative **impacts** on our health.

Believe it or not, smartphones have germs! You carry it with you at school and while out shopping and jogging. Some even carry theirs into the bathroom. Smartphones **harbor** viruses and bacteria like E. coli that can make you sick. Wipe it down using alcohol-based wipes that are safe to use on electronics at least once a day.

There is also evidence that looking down while texting and gaming on smartphones can **strain** neck muscles. It may lead to nerve pain that spreads to the back, shoulders, or down the arms. Take regular breaks at least every 20 minutes when you are browsing on your phone and do regular exercise that strengthens muscles like yoga and Pilates.

Lastly, blue light that is **emitted** by smartphones, computers, and other screens causes damaging health effects. Exposure to blue light after the sun goes down **interferes** with sleep. It may **contribute to** heart disease. Stop looking at the screen after you have turned off the lights at night.

While mobile phones ease our communication, there are harmful effects of misusing or overusing them. Always remember that your health is very important as you might find that you are unable to return to good health once you have lost it.

Adapted from: https://www.onhealth.com/content/1/dangers_cell_phone_health
<http://www.childrenswebmagazine.com/Technology%20and%20your%20Health.html>