

MY NAME

Turn off the telly! page 21

How much time do you spend watching television, using the computer and playing computer games every day? If it's more than two hours a day, it's too much!

Why not play outside or walk your dog for a few hours instead?

Poison Proof

Nothing spoils a good picnic or barbecue like a bout of food poisoning. Outdoor picnics and barbies are great in the warmer weather, but food can become contaminated faster in hot weather.

There are around 4.2 million cases of food poisoning every year in Australia. Don't let your friends and family become a statistic! Follow a few simple rules, and you can sizzle those sangers without fear!

- Keep meat in the fridge until you're ready to cook it, keep all salads and other perishable foods in the fridge until needed, and keep all food covered until you're ready to eat it.
- Always cook chicken and hamburger patties so that the juices run clear - there should be no hint of pink in the centre.
- Use a clean plate and clean utensils for cooked meat. Never re-use the same ones you used for raw meat without washing them first.
- Separate raw and cooked foods.
- Keep hot foods hot and cold foods cold.
- Keep utensils clean, and wash hands with soap and dry thoroughly after preparing food and before eating.



Water Water Everywhere!

Dehydration can happen quickly in the summer heat, so make sure that you and your family always have water handy and drink plenty of fresh water throughout the day.

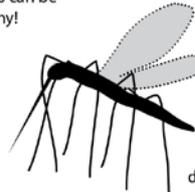
Take special care to make sure little fellas drink enough water. They can become dehydrated much more easily than adults.

Keep the Bugs at Bay

One of the few downsides of summer is that warm weather is when the creepy crawlies come out to play. Insect bites can be annoying and very itchy!

You can help keep the bugs at bay by using insect repellent, installing flyscreens on your windows, and wearing long pants and sleeves when you're outside in the evenings.

While some insect bites only itch, others can really hurt, or even make you really sick.



Remind your kids to be careful around piles of wood or rubbish, garages and sheds, and other places where biting creatures like to hide.

Red back and funnel web spiders are the only poisonous spiders in Australia but other spiders can cause a bad reaction.

If you or one of your family is bitten by an unknown spider, try to keep it, if possible.

Wash the bite and keep it clean - an ice pack may help with any swelling and pain.

Ring the Poisons Information Centre or check with your doctor, and always seek medical attention if you're unsure.

Call an ambulance on 000 if you or one of your family has symptoms like nausea, vomiting, pale colour, sweating, pain or difficulty breathing after a spider bite. Immobilise the whole limb with a firm bandage.

Turn off the Telly!

Kids these days spend way too much time in front of a screen, whether they're watching TV, playing a computer game, emailing or surfing the net. Some teenagers also spend up to 100 minutes a day sending and receiving text messages on their mobile phone!

The Department of Health and Ageing recommends that kids should have no more than two hours a day of screen time for entertainment (so not including computers use at school, for example).

To reduce screen time in your house:

- Send the kids outside to play, walk the dog or run a message to the neighbours.
- Make "screen time contracts" with your kids. Agree that they'll be allowed to watch a certain amount of television, or play certain video games at certain times if they also get an hour of exercise and do their homework.
- Only have televisions in shared living areas. Children with their own TVs watch way more TV.
- Turn off the television when no-one is watching it, at meal times, and at bed time.

Activity 1. Reading for meaning

1. How much time do some teenagers spend text messaging every day?

.....

2. The Department of Health and Ageing recommends that kids should have no more than two hours a day of screen time for entertainment.

- TRUE FALSE

3. What are three things you can do to cut down the amount of time you spend in front of a screen every day?

.....
.....
.....

4. Why would it be important to spend no more than two hours every day in front of a screen?

.....
.....
.....

Activity 2: Colour in the bubble to show your answer.

1. What activity can help to cut down on the time spent in front of a screen?

- watching television
 playing computer games
 text messaging on the mobile phone
 playing cricket outside

2. We can reduce the amount of time we spend in front of the television by turning it off at meal times.

- TRUE
 FALSE

3. Which word is spelt correctly ?

- example
 excample
 ecample

Activity 3. Below is a sentence from Turn off the telly!

Some words have been left out. Choose the best option to fill in each gap.
Colour in the bubble to show your answer.

Turn off the telly!

Turn off the ***** when no-one

television telyvision

***** watching,

are is

***** meal times, and

in at

at bed *****.

time timing

Activity 4. A point of view is argued in an exposition. An exposition begins with a statement of position and a preview of the arguments. Then, you outline each argument to support your point of view.

Use the scaffold below to write an exposition to argue why students should spend less time in front of television, computer and phone screens.

Title

Students need to spend less time in front of screens.

Overview of argument

Point 1

Example