

_____ 고등학교 _____ 반 _____ 번 이름 _____

A survey of American students found that teenagers watched an average of 2.8 hours of TV per day and spent 4 hours a day online. In contrast, they only spent 45 minutes a day interacting with friends in person. Because technology causes us to spend less time with other people, it may affect our mental health. Human interaction is necessary for human health and happiness. On the other hand, being alone too much can harm our health, work, and personal growth. This can lead to depression. The overuse of technology not only has a negative impact on mental health, but also physical health. Teens often lack exercise. TV, the computer, and cell phones are all wonderful advances in technology, but unless time with technology is balanced with exercise and time with other people, _____.

위 글의 빈칸에 들어갈 말로 가장 적절한 것을 고르시오.

- ① they can harm our health
- ② they can keep us well informed
- ③ they can be beneficial for our growth
- ④ they can be useful in making new friends
- ⑤ they can cause trouble with our neighbors