Form 8: Screen Time

Part 2

My Name: ____________________________

Today’s Date: _________________________

My Teacher’s Name: ____________________

My Grade (Circle One): 6th  7th  8th
Directions: When you worked on Part 1 of this activity you worked with a partner. This time, you are going to work by yourself. Read the first article, *America’s Problem with Screens* by Andre Vetchkin.

Questions 1 – 8 ask about the first article only.

- Circle the letter (A, B, C, or D) to show your answers.
- Each question has only one answer.
- You may look back at the article at any time.
- You must answer the questions by yourself.

1. What is Andre Vetchkin’s main argument in his article?
   A. Dopamine can have dangerous effects on our brains.
   B. Statistics show that screen time is still rising slowly.
   C. Young people should reduce their screen time to be healthy.
   D. A sedentary lifestyle is more dangerous than we previously believed.

2. Read the sentence below from paragraph 3. Then look at the dictionary definitions in the box. Which definition best fits the meaning of *consume* in the sentence?

   **In addition, the research has shown that people who spend more time in front of screens consume more high-calorie foods, such as candy and soda.**

   **Consume (kun SOOM). Verb.**
   1. to destroy  2. to spend wastefully  3. to take in  4. to fascinate

   A. Definition 1
   B. Definition 2
   C. Definition 3
   D. Definition 4
Based on the information in the article, which sentence about screen time is true?

A. People between the ages of 8 and 18 spend the most time in front of screens.
B. Young people’s number of hours of screen time per day has remained steady since 2004.
C. Young people’s number of hours of screen time per day reached its highest point in 2004.
D. Young people’s number of hours of screen time per day has probably risen since 2009.

According to the article, what can happen when a person gets used to high levels of dopamine?

A. The person may have difficulty concentrating on some tasks.
B. The person may begin consuming more high-calorie food.
C. The person may find video games and television boring.
D. The person may be unable to exercise or participate in sports.

Choose the word that is the best fit for the blank space in the sentence.

There are ________ ways to starting living a more healthy lifestyle.

A. numerate
B. numerical
C. numerous
D. numeral

In paragraph 4, what does the author imply about dopamine?

A. Dopamine can lead to an increase in a person’s appetite.
B. Studying does not release as much dopamine as screen time.
C. Dopamine increases a person’s ability to concentrate.
D. Both high and low levels of dopamine can be dangerous.
In paragraph 2 the author writes, “Scientists have been tracking the rise in screen time for over a decade.” Based on this sentence, which of the following is true?

A. Scientists are no longer tracking screen time.
B. Scientists are still tracking screen time today.
C. Scientists track screen time every ten years.
D. Scientists tracked screen time for a period of ten years.

Read this sentence from paragraph 4 again. Then choose the sentence that has the same meaning.

In addition, the research has shown that people who spend more time in front of screens consume more high-calorie foods, such as candy and soda.

A. Research shows that people who like candy also like soda.
B. People who spend time in front of screens need to consume high-energy foods.
C. The more time a person spends in front of screens, the more likely the person is to eat unhealthy foods.
D. People who are sedentary prefer activities like video games rather than exercise.
What is the main idea in Emma Ross-Hart’s letter?
A. Playing video games is a healthy activity.
B. More research on young people’s number of screen time hours is needed.
C. People can replace screen time with exercise and sports.
D. Screen time can be a part of a healthy lifestyle.

In paragraph 3 why does the author mention that she gets good grades?
A. To show how screen time has improved her grades in school
B. To support her claim that screen time does not affect attention span
C. To give an example of the benefits of screen time
D. To point out one of the advantages of reducing screen time

What opinion does Emma Ross-Hart express when she discusses the research on attention spans and screen time?
A. The results were misinterpreted by Andre Vetchkin.
B. The researchers ignored some screen technologies in order to focus on video games.
C. There are still many questions that need to be answered.
D. The research is probably outdated.
The graphic organizer below shows the information in Emma Ross-Hart’s letter. Choose the sentence that fits in the blank in the graphic organizer.

**TOPIC:**
Screens are here to stay

**CLAIM:**
Screen time doesn’t always lead to an unhealthy lifestyle.

**SUPPORTING DETAIL:**
Screens and healthy activities can be used together, such as at the gym.

**CLAIM:**

**SUPPORTING DETAIL:**
The author has a lot of screen time but also gets good grades in school.

A. Screen time may help a person get better grades in school.
B. Screen time may not reduce a person’s attention span.
C. Screen time is a part of a modern lifestyle.
D. Screen time is not limited to mobile phones and videos.
Directions: Now think about both articles and the arguments that their authors make.

- Questions 13 and 14 ask about BOTH articles together.

13. How does Emma Ross-Hart respond to the Andre Vetchkin’s point that screen time affects a person’s attention span?

A. By discussing her own lifestyle  
B. By mentioning statistics about screen time  
C. By discussing the way people exercise  
D. By comparing dancing with studying

14. Does Emma Ross-Hart agree with Andre Vetchkin on the importance of an active lifestyle?

A. No, she argues that you can be healthy without an active lifestyle.  
B. No, she argues that an active lifestyle is only important for people who don’t eat healthy foods.  
C. Yes, she agrees that to be more active people should reduce their screen time significantly.  
D. Yes, she agrees that young people should try to lead more healthy and active lives.