

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

- 3 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.

- 4 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.

- 5 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
- 6 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.

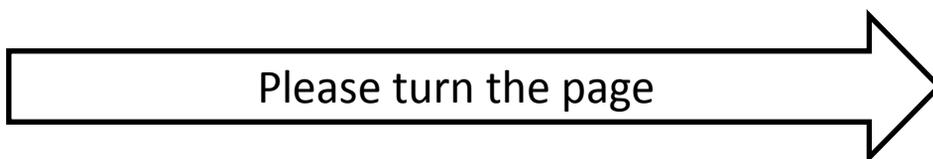
7 In paragraph 2 the author writes, “Scientists have been tracking the rise in screen time for over a decade.” Based on this sentence, which of the following is true?

- 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.

8 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.

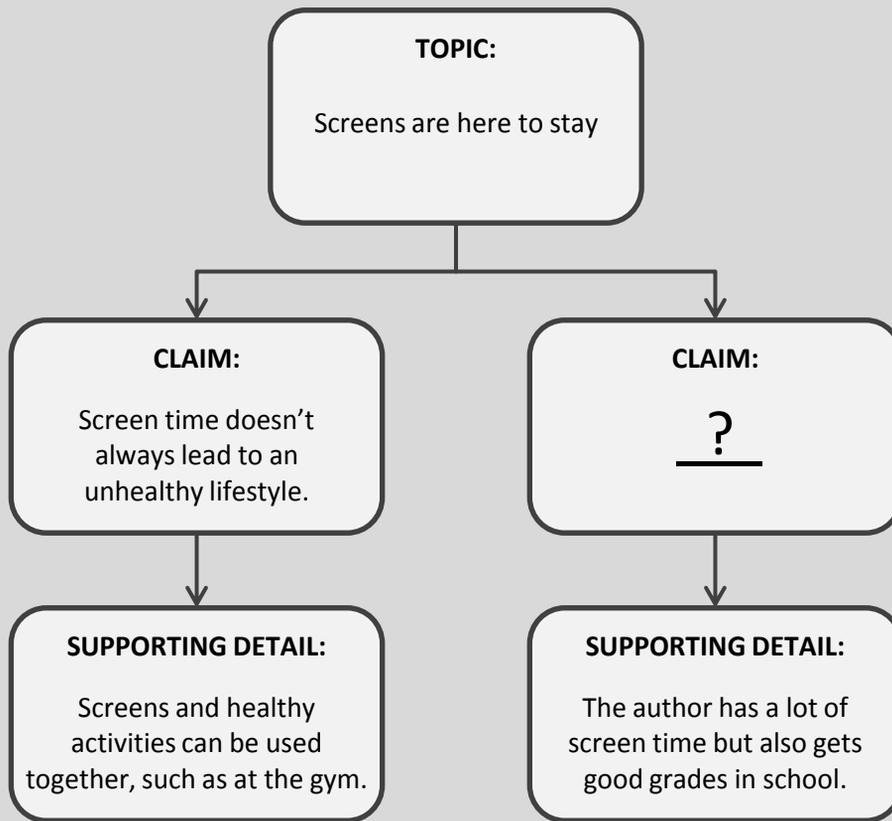


Directions: Now read the letter from **Emma Ross-Hart: A Response to Andre Vetchkin**.

- **Questions 9 – 12 ask about Emma’s letter only.**

- 9 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.
- 10 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
- 11 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.

12 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.



- 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.