Name _____

Unlocking Potential: Why We Should Reduce Screen Time

Multiple Choice Questions

1. Why is reducing screen time important, according to the persuasive piece?

a) To watch more TV shows

b) To maintain an unbalanced life

c) To improve physical health and mental well-being

d) To increase screen addiction

2. What physical health issues can result from prolonged screen time?

a) Improved fitness

b) Stronger muscles

c) Obesity and posture-related problems

d) Perfect posture

3. How can excessive screen time affect mental well-being?

a) It has no effect on mental health.

b) It can lead to stress, anxiety, and sleep problems.

c) It enhances mental well-being.

d) It only affects physical health.

4. What benefits are mentioned about reducing screen time regarding productivity and creativity?

a) It has no impact on productivity and creativity.

b) It limits productivity and creativity.

c) It opens up opportunities to be more productive and creative.

d) It makes people lazy.

5. How can reducing screen time strengthen connections with others?

a) It doesn't affect relationships.

b) It leads to virtual connections.

c) It allows for more meaningful real-life interactions.

d) It reduces the need for real-life conversations.

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