TALK ABOUT TEXTS

How Much Screen Time?



Written by Cara Torrance

TEACHER'S EDITION

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For Review Only

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Teacher's Edition written by Karl Chippindall

macmillan education

Say

'Let's read the contents page together. Then read it again to yourself.'

Read

Read the contents page together with the students and then ask them to read it again to themselves.

Check Understanding

- What information would you find on page 12?
- Where would I find information about the bad effects of screen time?

Talk

Based on the information in the contents page, what do you think the author's main idea is?

I think the author's **main idea** is _____.

Why do you think it is important to learn about this topic?

I think it is **important** to learn about this **because** _____.



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Introduction

Screen time is time spent on any device with a screen. It is time spent watching television or playing on a gaming system. It is time spent using a phone, computer or tablet. Do you spend time looking at screens each day?

These days, many people seem to live their lives online. They watch, post, message and shop.

However, many people think too much screen time is not good, especially for children. So, how much screen time is good for us?





Many people use screens every day.

3

Say

'Read page 3 silently.'

Read

Ask the students to read page 3 silently.

Check Understanding

- What are some of the screen time activities mentioned?
- What do people spend a lot of time doing these days?
- What question does the author ask about screen time?

Talk

What is the main idea on this page?

The **main idea** is _____.

What important point does the author make in the last paragraph on page 3?

The **important point** that the author makes is _____.

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Say

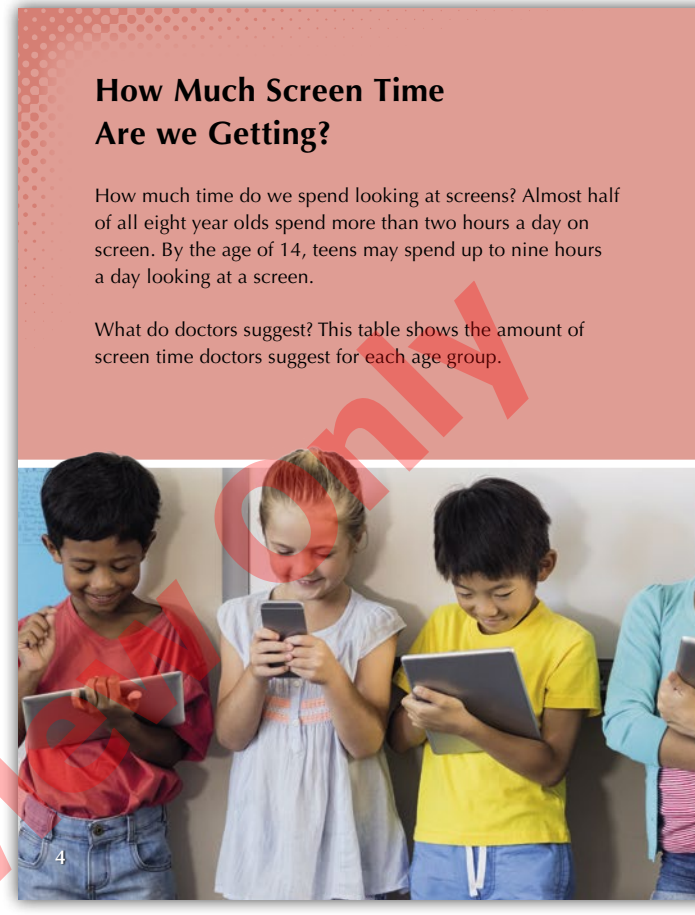
'Read pages 4 and 5 to your partner. Then ask your partner to read pages 4 and 5 to you. Talk about what you can see in the photograph.'

Read

Ask pairs of students to take turns to read pages 4–5 to each other. They should then discuss the photograph together.

Check Understanding

- How much time do half of all eight-year-olds spend looking at screens?
- How much time does the author say teenagers spend looking at a screen?
- How much screen time do doctors recommend for 2–5-year-olds?
- What is the meaning of the word 'recommended'?



How Much Screen Time Are we Getting?

How much time do we spend looking at screens? Almost half of all eight year olds spend more than two hours a day on screen. By the age of 14, teens may spend up to nine hours a day looking at a screen.

What do doctors suggest? This table shows the amount of screen time doctors suggest for each age group.

4

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Recommended Screen Times by Age Group

Age	Time
less than 18 months	none
2–5 years old	no more than one hour per day
6 years or older	no more than the time left after school, physical activity, family and sleep



5

Talk

What important point does the author outline in the first paragraph on page 4?

The **important point** the author outlines is _____.

How does the information in the table support this fact?

The information in the table supports this **fact because** _____.

What do doctors believe is the recommended screen time for your age group?

Doctors **believe** that the recommended screen time for my age group is _____.

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