

# EXTENDED CONSTRUCTED RESPONSE

A digital diet can benefit people's lives because it improves your quality of sleep, and allows you to be more present with others.

A digital diet can improve your quality of sleep. The author says, "answering texts and scrolling through social media is mentally and emotionally stimulating, which leads to disturbed sleep." This shows that technology is causing poor sleep, and cutting back on screen time would help you sleep because you would lower the stimulation from your device.

Also, a digital diet helps you be more present with others. The text states, "It can be difficult to have a meaningful conversation with friends when everyone is distracted by a cell-phone screen." This means that being on our phones takes away from the time people spend together and makes being together less enjoyable.

In conclusion, a digital diet benefits people's sleep and how they interact with others.

Claim or Central Idea Supporting Reason 1 Supporting Reason 2 Text Evidence Explanation

# STAR

# 7TH GRADE EXEMPLAR