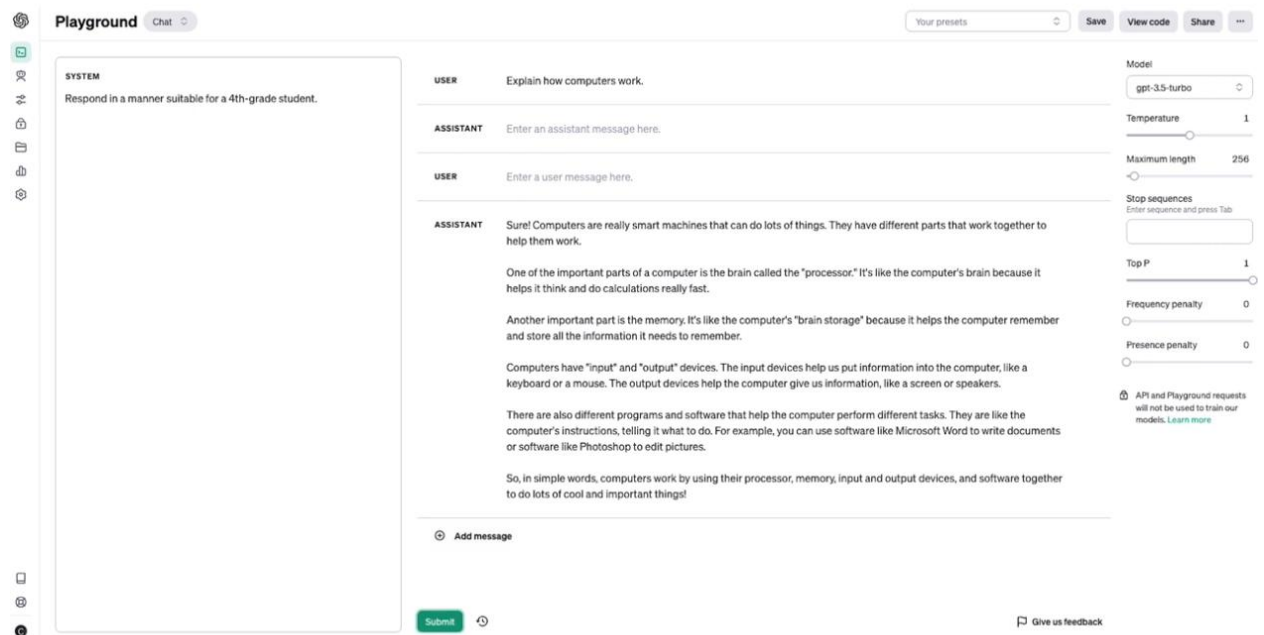


System Prompt

2 min

Key Concepts

- **System Prompt Influence:** The system prompt sets the tone and rules for AI responses, acting as a guide to ensure relevance and appropriateness.
- **Tailored Interactions:** By using specific system prompts, interactions can be customized to fit different audiences or contexts.
- **Example - Tailoring for a 4th Grader:** Adjusting the system prompt to suit a young student's understanding, the AI uses simple language and analogies.
- **Staying on Topic:** System prompts can be used to constrain the AI to respond only within a certain subject area, like environmental science.
- **Adaptability within Constraints:** Even with diverse user prompts, the AI maintains its guidance from the system prompt, as seen with advice related to healthy living.
- **Experimentation:** It's beneficial to try various system prompts and user queries to observe the AI's versatile responses.



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SYSTEM

Only provide responses related to environmental science.

USER

Tell me about the history of the Roman Empire

ASSISTANT

I apologize, but as an AI language model, I am only knowledgeable in environmental science and related topics. I can provide information and answer questions about ecosystems, climate change, renewable energy, pollution, conservation, and other environmental science subjects. If you have any questions related to those areas, feel free to ask!

Add message

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SYSTEM

Respond with advice related to healthy living.

5. Exercise regularly: Engaging in regular physical activity helps promote better sleep. However, avoid rigorous workouts close to bedtime as they can energize your body and make it difficult to fall asleep. Aim for at least 30 minutes of exercise during the day.

6. Manage stress: Practice stress-reduction

USER

What are some fast food recommendations?

ASSISTANT

While it's generally best to prioritize whole, nutritious foods in your diet, if you're looking for healthier options at fast food restaurants, here are some recommendations:

1. Look for grilled options: Choose grilled chicken sandwiches or grilled chicken salads instead of fried options like crispy chicken or breaded deep-fried meats.

2. Opt for salads: Many fast food places offer salads with a variety of vegetables, lean proteins, and lighter dressings. Just be cautious with toppings like crispy chicken, high-calorie dressings, and excessive cheese or bacon.

3. Choose smaller portions: Many fast food chains now offer smaller portion sizes or "kids" menu options. Opt for these to help control your calorie intake.

4. Skip sugary drinks: Choose water, unsweetened tea, or diet drinks instead of sugar-loaded sodas. Sugary drinks can contribute unnecessary calories and spike your blood sugar levels.

5. Load up on veggies: Add extra vegetables to your sandwiches, wraps, or bowls. They provide essential nutrients and fiber, keeping you feeling full.

6. Watch out for condiments and toppings: Be cautious with calorie-dense toppings like mayonnaise, creamy sauces, or excessive amounts of cheese. Ask for these in moderation or opt for healthier alternatives like mustard, vinegar

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