

FORMULA 20: Is X suitable for (types of people)?

Is riding a bike suitable for elderly people?

Are all sports suitable for people of all ages?

Are computers suitable for young children?

- | |
|--|
| <ol style="list-style-type: none">1. Say whether X is suitable or not.2. Give reasons and examples. |
|--|

Do you think that computer games are suitable for young children?

I believe that computer games are inappropriate for very young children. For older children, I think it is reasonable for them to play computer games but it would be advisable for their parents restrict the amount of time they play games. As most people know, staring at a computer screen for too long can be detrimental to your eyesight; if children play for too long they might harm their eyes. Also, games that are really violent or scary are not suitable as they might have negative impact upon the children's mental health. In moderation, however, I believe computer games can be ideal for developing children lateral thinking skills.

Are outdoor sports suitable for people of all ages?

I think that most outdoor sports are suitable for everyone. Though people do adventurous sports like rock-climbing, or white water rafting, should be careful because their sports can be dangerous if you don't know what you are doing. In fact, now I think about it, for kids and elderly people I think these sports are unsuitable. However, for fit and healthy people these sports can be exhilarating and invigorating.