

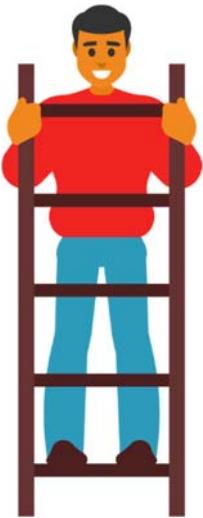
Name _____

Facts or Fiction Climb

Directions - Read the AI's paragraph below. It sounds confident - but how easy would it be to prove that what it says is true? Your job: **find five factual claims**, rank them from easy to verify → hard to verify, and explain what makes some statements easier (or harder) to check.

AI's Answer: "The Truth About Sleep"

Everyone knows that the human brain completely shuts down during sleep, which is why dreams are the only activity happening at night. Most adults need exactly eight hours of rest to stay healthy, although some ancient civilizations reportedly slept in two separate shifts instead of one long night's rest. Scientists have also proven that drinking warm milk before bed increases your deep-sleep cycles by 50%. People who use their phones before bed lose two hours of sleep every night, and teens who stay up past midnight are twice as likely to forget everything they studied the next morning.



Fact-Check the Climb

As you read, look for the *claims* - the statements that could be proven true or false with evidence. Write them in your own words below, **then rank and explain them** all in one go. Try to number them from **1 (easiest to verify)** to **5 (hardest to verify)** and explain why each one falls where it does on your ladder.

Claim #1 (Easiest):

Why it's easy to verify: _____

Claim #2:

Why it's fairly easy or moderate to check: _____

Claim #3:

Why it might be harder to check: _____

Claim #4:

Why it's even harder to check: _____

Claim #5 (Hardest):

Why it's hardest to check: _____