MYTHS and FACTS

Health TODAY

You mustn't believe everything you read or hear. Some of these things are myths. Myths are stories that people tell each other over and over. When people hear a myth a lot, they begin to believe it. Then they tell other people!



Chicken soup can make you feel better.

This is true! The fact is that chicken soup has lots of important vitamins in it. It can help you feel better, but it can't make a cold (הצטננות / زكام، رشح) go away.



All chocolate is bad for you.

That's wrong! It's a myth that all chocolate is bad for you. Don't eat too much. Milk chocolate has a lot of sugar and fat in it, so that's not healthy. Do you want something sweet to eat? Eat some dark chocolate – it's good for you!



You should do sports in the evening and you will sleep better.

No, you shouldn't. Sport gives you more energy and you can't go to sleep with so much energy. You should do sports in the morning or afternoon. It's important to do sports, but you also have to get enough sleep.



You only need to sleep 3-4 hours every night.

Don't believe this! Turn off your computer. You need 8-9 hours of sleep every night to stay healthy. That's a fact!

Answer the questions.

1. Is chicken soup good for you?
2. Is too much chocolate bad for you?
3. When should you do sports?
4. How many hours of sleep do you need to stay healthy?

5. Why do you think you need to turn your computer off?

Complete the sentences.

1. A myth is
2. Dark chocolate is
3. Sports gives you lots of
4. To stay healthy, you need