



What is It

Activity 1: STOP OR GO

Directions: Read the health information below. Write **GO** if the statement is scientifically true and proven, and **STOP** if it is not.

1. Eat less meat. Feast on fish instead.	
2. "Starving Yourself" can be effective for weight loss.	
3. Avoid processed junk food. (Eat real food instead.)	
4. Coffee can stunt childhood development.	
5. Eating before bedtime makes you overweight.	
6. Lift heavy things.	
7. Take care of your relationships.	
8. Avoid bright lights before sleep.	
9. Minimize your sugar intake.	
10. Deodorant can cause breast cancer.	

Discuss the Questions:

1. Why are there misleading health information? Who spreads them?

2. Who are the right sources of health information?

2. Which source is perceived to provide the most reliable health information?
Why? _____

3. What is the difference between reliable and unreliable health information,
products and services? _____
