

The table below contains some commonly held health ideas. First, match the beginning of each sentence to its end. Then decide which you believe and which you do not. 10-15 min

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| 1. People should drink | a. it to grow back faster, darker, or thicker. |
| 2. Reading in dim light harms | b. 10% of our brains. |
| 3. Eating turkey makes | c. 7 years to pass through your system |
| 4. Men think of sex | d. hiccups . |
| 5. Cold, wet weather causes | e. your hair gray. |
| 6. Chocolate causes | f. at least eight glasses of water a day. |
| 7. Standing on your head cures | g. people drowsy . |
| 8. Worry and stress can turn | h. your eyesight. |
| 9. We use only | i. reduces your performance |
| 10. Hair and fingernails continue | j. to grow after death. |
| 11. Shaving hair causes | k. become hyperactive |
| 12. Children who eat a lot of sugar | l. colds and flu. |
| 13. Chewing gum takes | m. every seven seconds. |
| 14. Having sex before playing sports | n. acne . |