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

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**.

LIVEWORKSHEETS