

Which statements are true, which are false:

- 1. The ancient Aztecs believed that eating the brain of their rivals would give them strength and power.**
- 2. Some cultures in India avoid eating onion and garlic because they believe it leads to aggressive behavior.**
- 3. Nordic Vikings believed that drinking the blood of a bear or a wolf before battle would give them the ferocity of the animal.**
- 4. Most mythical beliefs about the phrase "you are what you eat" have faded away.**
- 5. Eating healthy food will not make you feel and look healthy.**
- 6. What you eat determines the composition of your cellular membranes.**
- 7. The average adult loses around 3000 billion cells to old age every single day.**
- 8. Eating toxic, chemically-laden, nutritionless food makes it difficult for our bodies to manufacture new healthy cells.**
- 9. Genetically modified food leads to genetically modified cells in our bodies.**