



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.