

Myth or fact?

It's difficult \_\_\_\_\_ ignore your mother when she tells you to „wrap up warm” or „dry your hair or you'll get \_\_\_\_\_ cold” – but colds are not caused \_\_\_\_\_ the cold: they are caused by viruses!

Walking around \_\_\_\_\_ wet hair or a T-shirt in winter may look silly, and will make you feel cold, \_\_\_\_\_ you will only get a cold or \_\_\_\_\_ flu, if you come into contact \_\_\_\_\_ an infected person. \_\_\_\_\_ best way to avoid viruses \_\_\_\_\_ these is to wash your hands regularly when there's a bug going around.



Don't worry. Chewing gum won't stay \_\_\_\_\_ your stomach forever \_\_\_\_\_ block your insides. It'll just pass \_\_\_\_\_ you and come out the other end!



The caffeine \_\_\_\_\_ coffee is a stimulant which makes your body speed \_\_\_\_\_: your heart rate increases and \_\_\_\_\_ wakes you up. You may see these things \_\_\_\_\_ benefits, but caffeine also has a number \_\_\_\_\_ side effects. It's addictive.

People \_\_\_\_\_ suddenly stop drinking coffee may suffer withdrawal symptoms \_\_\_\_\_ as headaches, irritability and restlessness.

Caffeine has also \_\_\_\_\_ linked to other problems but, \_\_\_\_\_ most things, coffee is fine if you don't drink too much.