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.

LIVEWORKSHEETS