

Health Myths Project

*Research the following myths. Report back with a report template (one page per myth) and final opinion of whether or not the myth is confirmed, plausible or busted. The reports need to have hard evidence, so do not forget to cite your resources within the report. You need at least 3 resources per myth. (go to www.kidshealth.org for a good start)

*****Choose 5 of the following myths to report on*****

1. Eating chocolate causes acne.
2. Popping your knuckles causes arthritis.
3. Five Hour Energy is healthy to consume with little to no side effects.
4. Tanning beds are better for you than lying out in the sun.
5. Soda pop can dissolve a nail or a tooth.
6. Sitting too close to the TV will ruin your vision.
7. You can die from drinking too much water.
8. Gum that is swallowed will take 7 years to digest.
9. Throwing out a banana or orange peel on the side of the road is not a threat to the environment because they will biodegrade.
10. You must wait an hour after eating a meal before you go swimming or you will drown.
11. If you cross your eyes too long they will stay that way.
12. Cold weather makes you sick.
13. You lose most of your body heat through your head.
14. Food quickly picked up from the floor is safe to eat. (5 second rule)
15. You should poop at least once a day.
16. Gluten free food is healthier for you than wheat based food.
17. Doing situps will get rid of your flabby tummy. This is called "spot-training".
18. MSG is bad for you.
19. High Fructose Corn Syrup (HFCS) is worse than Sugar.
20. Eating fatty foods makes you fat.
21. Cutting your hair makes it grow faster.
22. You can tell the gender of a baby by how the mother carries the child in the womb.
23. We use only 10% of our brains.
24. Eating carrots helps your vision.
25. Eating Chicken-noodle-soup when you have a cold will help you get better.