



Health myths

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Lead-in

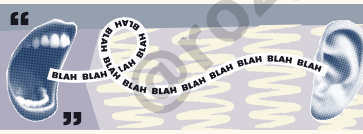


Can you think of any health myths you've heard before?
Look at the statements below and decide if they are true or false.

1. Carrots will improve your eyesight.
2. Drinking milk will make you grow taller.
3. Chicken soup will cure your cold.
4. Cabbage can relieve painful joints.
5. Going out with wet hair will make you catch a cold.
6. An apple a day keeps the doctor away.
7. Don't cross your eyes - they will get stuck that way.
8. Don't swallow a gum – it will stay in your stomach.
9. Five-second rule.



Discussion



Read these opinions. Which one do you agree with the most and why?

T Tom

I think health myths are silly. My friend said drinking ice water makes you gain weight, but I've had it for years and I'm still the same size. It's strange how some people believe these things without proof.

S Sarah

I really believe in some health myths, like how important breakfast is. I feel better when I eat a good breakfast. If I skip it, I get grumpy and can't focus at work. So, for me, breakfast is very important!

R Raj

I'm not sure about health myths; they can be confusing. My mum says not to mix dairy with fruit, but then I read that smoothies with both are healthy. I'm caught between what my mum says and new ideas.

E Emily

Health myths mean a lot to me. My grandma thought sitting too close to the TV would ruin your eyesight, and she worried a lot. It makes me think about how we care for others, even if it's not true. It shows how much we care.

Discuss each of the health problems below and share any health advice or tips you have heard from family, friends, or the internet.

- Headaches/migraines
- Common cold
- Allergies
- Sore throat
- Back pain
- Insomnia/sleep problems
- Skin issues (e.g. eczema)
- Anxiety/stress
- High blood pressure
- Joint pain/arthritis
- Vision problems
- Fatigue/low energy levels
- Acne

Complete the common beliefs with the correct health problem from the previous activity. Then discuss whether or not you think these sayings are true.

1. Going outside with wet hair or not wearing warm clothing can make you catch a _____.
2. Cracking your knuckles causes _____.
3. Eating chocolate gives you _____.

Vocabulary

to digest

play a role

total calorie intake

straight-up nonsense

bust

inflammation

breakouts

damp locks

to load up on

crack your knuckles

dumb

1. Many believe that drinking milk can cure colds, but that is _____.
2. It's time to _____ the myth that eating carrots improves your eyesight.
3. Thinking that you can lose weight by only eating cheese is just _____.
4. Some people think that if you _____ too often, it will cause arthritis.
5. It's a myth that _____ are more likely to cause you to catch a cold.
6. To be healthy, it's important to know your _____ each day.
7. When trying to gain muscle, it's good _____ proteins and healthy foods.
8. Drinking water helps _____ food properly after a meal.
9. Certain foods can increase _____ in the body, such as sweets and fried dishes.
10. Sleep can _____ in how well our bodies function each day.
11. Some people worry that chocolate can give someone _____, but this isn't always true.

Health Myths & Habits

Discussion



- Have you ever heard a health myth that was **straight-up nonsense**? What was it?
- Have you ever tried to **bust** a myth that someone believed? What happened?
- What is a really **dumb** health habit that people still follow? Why do you think they do it?
- What kinds of food do you usually **load up on** when you're hungry? Are they healthy?
- Have you ever had **inflammation** from eating something unhealthy? What foods do you think cause it?
- Do you think diet and stress **play a role** in health problems like acne or headaches? Why or why not?
- Have you ever experienced **breakouts** after trying a new health trend or diet?



Video



Watch this video and fill in the gaps.



1. The video discusses _____ that are not true.
2. One myth is that cracking your knuckles _____; studies show it does not.
3. Another myth suggests that you must _____, but hydration needs vary per person.
4. It is also false that going outside with _____ makes you sick; colds are caused by _____, not wet hair.
5. Eating at night does not lead to _____; total calorie intake is what matters.
6. Lastly, chocolate does not directly _____; sugar and dairy might be the _____.
7. The text encourages _____ with _____.

Answer these questions:

1. What are some common health myths that the author aims to debunk in this text?
2. Why does the author claim that cracking knuckles does not cause arthritis?
3. What factors determine a person's daily water intake needs, according to the text?



4. How does the author explain that eating at night does not automatically lead to weight gain?
5. What are some of the potential reasons why chocolate may cause acne, according to the text?
6. How does the author suggest responding to people who believe in certain health myths?
7. What does the author encourage the audience to do after learning about these health myths?



Reading



Discuss the questions.

1. When was the last time you were ill?
2. How did you feel?
3. What did you do to feel better?

Read some myths about illnesses and focus on the underlined words.

Chicken soup will help you to recover from the flu.

Yes, it can help to calm down the pain in your throat because it's hot, but it can't cure the **flu**. The soup does not have any ingredients that can kill the virus.

Stress is not a serious problem. All you need is time and it will disappear.

Some stress can be good and you can deal with it quite easily: breathe deeply, focus on the moment, and look at the situation differently. But too much stress can make us ill. If someone is stressed for a long time, they can have **symptoms** such as headaches, problems with sleep, depression, **upset stomach** and many more. If someone does not want to feel stressed, they may need to make some changes in their life and behaviour.

If you are cold, you'll catch a cold.

If you're outside where the temperature is low this does not mean that the next day you will be **sneezing** (achoo!), coughing (hack-hack) and lying in bed with a fever, sore throat and **runny nose**. In fact, being in the cold air for some time can make your health stronger. Being cold is not the reason why people catch a cold, there are **germs** (small organisms that can start an illness) that really cause it.

You should eat three times a day to stay healthy.

Eating three times a day is not a rule. How many meals you need depends on your day: when you wake up and go to bed, how active you are, what you prefer to eat – traditional meals or snacks. Three meals is just a recommendation: people need about 2,000–2,500 calories per day, so if you spread this across everything you eat during the day, you will not eat too much or too little. When you have an injury (for example, you have broken your leg), it's extra important that you have a **well-balanced diet** and don't eat less or more than usual.



Only people with depression can't sleep.

Anyone can have **insomnia**. Insomnia can happen because your life is changing and you are worried, or because you have started taking different medication and your body is reacting differently, or because you are ill or weak. If you have insomnia for a long time, this can make it harder to focus or remember things, or even cause depression. It's better to see a doctor and get some medical advice.

adapted from eslbrains.com

Complete the sentences with the correct words from the text.

Word Bank: recover, symptoms, germs, balanced diet, insomnia, runny, cure, sneeze, upset stomach

1. Chicken soup can help soothe a sore throat, but it can't _____ the flu.
2. If you have a _____ nose and a cough, it could be a sign of a cold.
3. Some people believe cold air makes you sick, but it's actually _____ that cause colds, not the weather.
4. After an injury, it's important to eat a _____ diet to help your body heal.
5. If you're feeling stressed for a long time, it might cause _____, making it hard to sleep at night.
6. To avoid a cold, wash your hands regularly to get rid of _____ that can make you sick.
7. Having an _____ stomach can happen if you're stressed or have eaten something that doesn't agree with you.
8. If you have the flu, you might be _____ a lot, which can spread the illness to others.
9. It's important to see a doctor if you're experiencing severe _____ like headaches, fever, or muscle aches.
10. It may take a few days for your body to _____ after being sick, so make sure to rest and hydrate.

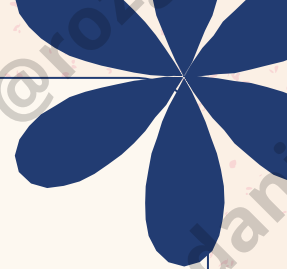
Discussion



Discuss the questions.

- How can someone make their life less stressful?
- What do you do when you are stressed?
- What do you do when you can't fall asleep?
- What do you do when you have flu?
- What are some other health myths that you often hear?

4 in a row



The goal of the game is to connect four of your squares in a line. All directions (vertical, horizontal, diagonal) are allowed. You also need to make a sentence with the word/phrase from the chosen square. Good luck!

	A	B	C	D	E	F	G	H
1	To load up on	Eyesight	Milk	Chicken soup	Cabbage	Cold	Dumb	Wet hair
2	Five-second rule	Gum	Headaches	Migraines	Allergies	Sore throat	Back pain	Insomnia
3	Skin issues	Anxiety	High blood pressure	Joint pain	Arthritis	Vision problems	Fatigue	Acne
4	To digest	Play a role	Total calorie intake	Straight-up nonsense	Bust	Inflammation	Breakouts	Damp locks

