

# True or False?

1. Germs can't attach to food that falls on the floor if you pick it up within 5 seconds ("the 5-second rule").
2. Feed a cold, starve a fever.
3. Coffee stunts your growth.
4. Spicy foods can cause ulcers.
5. Swallowed gum stays in your stomach for years.
6. Eating carrots improves eyesight.
7. Reading in dim light damages your eyes.
8. Too much TV is bad for your eyes.
9. If you cross your eyes, they might stay that way.
10. Tanning gets rid of acne.
11. You need to wait an hour after eating before swimming.
12. You can tell the gender of a fetus by the shape and height of a pregnant woman's belly.
13. Cats can steal the air from a baby's mouth.
14. Dog's mouths are cleaner than people's mouths.
15. You can catch a cold from being outside in cold or wet weather.
16. Cracking knuckles causes arthritis.
17. People only use 10% of their brains.
18. You lose most of your body heat through your head.
19. Fluoridated water causes health problems.
20. Vaccines can cause autism.