OLD WIVES’ TALES

Read what it says on your card.

• What message is it giving about that particular food?

• Is it positive or negative?

• Do you think there is any truth in it?

• What evidence do you have to explain your answer?



An apple a day keeps

the doctor away.

Eating cheese before bedtime

gives you nightmares.

Eating the crusts on your bread

makes your hair curly.

Eating carrots helps you

to see in the dark.

OLD WIVES’ TALES



Eating fish is good for your brain.

Eating spicy food will put

hairs on your chest.

Eating baked beans

gives you wind.

Eating chicken soup

is good for a cold.