Mrs. Susan: Good morning students.When people vomit or have a fever, their bodies lose fluid and this requires additional intake of water.However, you need to know that there are other foods that are better than carrots such as dark, green, leafy vegetables and fresh fruits.Mrs. Susan: Actually, this idea is not completely a myth as there is some truth in it. The examples I am going to talk about today are clear myths about food and health that are worth debunking once and for all.Hot and humid places make you sweat more and this requires additional fluid.One more thing: Remember that other things can contribute to your water intake, such as most fruits and vegetables.Or watched TV shows on health and how some products can affect your body or maybe you read articles about super benefits of certain types of food.When I was a kid, my friends told me that eating carrots will improve my eyesight.So, I started eating carrots, but then I stopped when I noticed there was no improvement to my eyesight.Nasser: My mother told me to drink 2 litres of water everyday which is almost 8 cups of water.Your water consumption depends on three main factors: One factor is exercise.If you do any exercise or activity that makes you sweat, you need to consume extra water to compensate for the fluid loss.Having said that, carrots are still associated with some myths.There are many so-called facts about food that you have probably believed to be true, but are actually food myths.Now I will move on to another popular (but also false) myth about food and health.What did you hear about swallowing chewing gum?Ahmed: Every kid I know thinks that there is a pile of chewing gum sticking to their stomach.We were told not to swallow chewing gum as it could take seven years to digest!According to the Duke University Health System, chewing gum is digested like any other food.According to Harvard health experts that is true.One of the myths floating around is that carrots are high in sugar and we should avoid them!The truth is, carrots are more than 85 percent water and are rich in fibre.It is not true that consuming eggs everyday will damage your heart.

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