

HEALTHY EATING: MYTH BUSTERS!

WHAT IS A MYTH?



ANSWER:

A myth is an idea that a lot of people believe in but is not actually true.

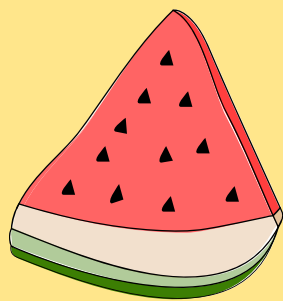
MYTH: MUFFINS ARE HEALTHY

FACT:

Muffins contain the same amount of calories, unhealthy fat and sugar as DONUTS!



MYTH: IF YOU EAT WATERMELON SEEDS, YOU'LL GROW WATERMELONS IN YOUR TUMMY



FACT:

IT'S A MYTH!

HOW CAN WE MAKE THINGS HEALTHIER TO EAT?

MAKE IT HOMEMADE!

If you make it yourself you can control how much sugar you add and what you put it in.

