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The Standard 英文虎報

小小英語樂



Goodies

Wednesday
LS World

Get the facts straight

I am sure that the second one is true. I fall asleep very quickly every night!



An apple a day keeps the doctor away.

Drinking warm milk makes you sleepy.



Carrots are good for the eyes.



You will catch a cold if you go outside with wet hair.



HAVE you heard of these common beliefs? Some people call them 'old wives' tales' because they are believed to have been passed down by women a long, long time ago. Some of these 'theories' are true. Some are not. Can you tell which ones are real? Turn the page to find out!

They all seem true to me...



Children, let me give you a hint. One of these four claims is false!



Editor's Note

I think these old sayings have some truth in them. I eat apples frequently and I can feel that they are good for me. But there are some beliefs that parents tell you just to scare you. For instance, you may have heard your parents tell you that if you do not eat all of your rice in the rice bowl, you will get a spotty face. But I think that is also true so always leave a clean rice bowl and listen to your parents! On the next page is a quiz on old wives tales.



Simon



Cover Feature

Wednesday 20 May 2015

Source: Asian Geographic Junior, no. 27



Children, have you made up your mind? Here are the answers!

Well done, Big Dee. You were right!

1. An apple a day keeps the doctor away

Apples have nutrients that make you stronger. Researchers have found that they may also protect you from **cancer**! Scientists found that apples could prevent breast cancer in **primates** and they believe that the same might be true for humans too.



True!

2. Drinking warm milk makes you sleepy

When you were a baby, you often fell asleep after a bottle of milk. Drinking warm milk **triggers** a **subconscious** memory of this without you noticing. This nice feeling makes you feel calm and sleepy.

True!



3. Carrots are good for the eyes

Carrots do not make you see better in the dark. They do not improve your vision either. But they can reduce the risk of developing macular degeneration, an illness which will lead to blindness. This usually happens in older people, so start eating your carrots now to prevent developing it!



True!

4. You will catch a cold if you go outside with wet hair

Feeling chilly does not cause a cold. Viruses cause colds. Some researchers conducted an experiment about it. They asked two groups of people to stay in two rooms with viruses that cause the common cold. One room was chilly. Another room was warm. Guess what happened? Both groups caught the cold!

False!



Activity

Mr Octo has prepared another quiz game for you. Can you tell if these 'old wives' tales' are true or false? Put a tick in the right box!

1. Spicy food causes **ulcers**.
2. Gum stays in your guts for seven years.
3. Chicken soup fights a cold.
4. Swimming after eating causes **cramps**.

True

☐
☐
☐
☐

False

☐
☐
☐
☐

Answers on G12

Vocabulary

cancer (n) 癌症
primate (n) 靈長目動物

trigger (v) 引發
subconscious (adj) 潛意識的

ulcer (n) 潰瘍
cramp (n) 抽筋



Challenge

