



HEALTHY EATING FALLACIES IN SOCIAL MEDIA

1. Question:

- ▶ Who can use anabolic steroids?
- ▶ A) Any healthy person with a balanced diet and good physical activity.
- ▶ B) People diagnosed by doctors with health problems.



1. Question:

► Anabolic steroids can be used by:

► A) Incorrect

► B) Correct



2. True/False Question:

- ▶ The grapefruit diet is worldwide known for being one of the few diets on the Internet that does not affect your health at all and achieves what it promises. This is possible thanks to the reduction of the caloric value and the increase of a special vitamin that is only found in the grapefruit.

▶ True

▶ False



2. Question:

- ▶ The grapefruit diet is worldwide known for being one of the few diets on the Internet that does not affect your health at all and achieves what it promises. This is possible thanks to the reduction of the caloric value and the increase of a special vitamin that is only found in the grapefruit.

▶ True

▶ False



Conclusion

- ▶ Not everyone on social media is informed about what they share.
- ▶ Nutritional miracles do not exist.
- ▶ For a healthy life, eat a balanced diet and do some sports.



THANK YOU

