Class Activity: Examining the Validity of Commonly Accepted Claims

In this class activity, we will investigate commonly accepted claims and discuss evidence that seemingly supports or refutes them.

1. eating spinach makes you strong
2. drinking coffee stunts growth
3. going outside with wet hair causes colds
4. eating chocolate causes acne
5. cracking your knuckles causes arthritis
6. products labeled “natural” or “whole grain” are better for your health than those not labeled in these ways
7. using a cell phone causes brain tumors

Based on existing knowledge and your own understanding, which of the above claims do you believe is true or false? Provide examples of the evidence that either supports or refutes each claim. Also, include the sources of this information (scientific journals/reports, newspaper articles/reports, parents, grandparents, “infomercials,” personal experiences, etc.).