# Urban Myths teachers sheet

**1. Eating cheese before you sleep will give you nightmares.**

False. In actual fact, cheese contains Tryptophan, which helps relaxes our nerves and aids sleeping. It is also said that different types of cheese can result in different types of dreams.

**2. You accidentally swallow spiders in your sleep.**

True. Although it has not been proven, it is possible to swallow any insect while you sleep. A spider, however, will very rarely crawl into the mouth of a predator. That said, although it is not impossible to swallow a spider accidentally, the tickle of a spider crawling across your face is enough for most of us to wake up and scream!

**3. Chewing-gum takes seven years to digest.**

False. Just because chewing-gum is sticky it does not mean it will stick to your stomach. According to Dr. Eric Gaumnitz of University of Wisconsin clarified, gum travels through our stomach and exits the body as any other non-digestible material does.

4. **Urinating on a jellyfish sting kills the pain.**

True. Many people have tried this and have claimed that is does relieve the pain of a sting. However, it has not been scientifically proven. Vinegar, on the other hand, is also a good way to relieve the pain.

5. **Eating carrots helps you see in the dark.**

False. Carrots are a great source of Vitamin A, which aids healthy eyesight, but it does not give you "supervision". The myth originated in WWII by the British Air Ministry to mask the actual reason why their pilots were so good: Airborne Interception Radar.

**6. Lemon juice lightens skin.**

True. Applying lemon juice onto the skin is said to bleach body hair and begin to lighten skin gradually. It is also claimed to reduce the development of freckles. Although this cannot be proven, many folk therapists believe it to work well.

**7. You must wait 30 minutes after eating before swimming.**

False. People seem to believe that not abiding by this rule will cause cramps, thus making you unable to swim, which will then lead to death. According to cracked.com, "going into the water after eating will have no more effect on your body than going out for a walk."

**8. When Mentos and Coca Cola are taken together, your stomach will explode.**

False. Claims that people have died from it prove to be fabricated. When you drink cola, most of the fizz disappears when you swallow and your stomach has other ways of releasing excess gas without the need to explode. However, it is advised not to test the limits of your stomach in any case.

**9. Spitting on a bloodstain will help remove it.**

True. There is an enzyme in saliva that helps break up your own blood. Although it may not remove the stain entirely, if you then put the stained garment in a cold wash after, the bloodstain should disappear.

**10. Lightning never strikes the same place twice.**

False. Lightning can strike the same place twice even during the same storm. The Empire State building gets struck at least 20 times a year according to different sources.

QUESTIONS TO GREEK MYTHS QUIZ

Mythology Quiz

Who swallowed his own children?

1. Cronos
2. Prometheus
3. Uranos
4. Zeus

Which of the following is most likely to be told as if it were an historical event?

1. Fairy Tale
2. Folk Tale
3. Legend
4. Myth

Which category best fits Prometheus?

1. God
2. Hero
3. Hundred-Handed
4. Titan

Who won the Apple of Discord?

1. Aphrodite/Venus
2. Athena/Minerva
3. Hera/Juno
4. Paris/Alexander

In Greek mythology, who created woman?

1. Epimetheus
2. Hephaestus
3. Prometheus
4. Zeus

After the Trojan War, which Greek was killed by his wife?

1. Agamemnon, killed by Clytemnestra
2. Menelaus, killed by Helen
3. Nestor, killed by Chloris
4. Odysseus, killed by Penelope

A cosmogony is ?

1. A story of the creation of the world
2. A story of the fall of man
3. A synonymn for cosmopolitan
4. A flood myth

Which Age do we live in?

1. Bronze
2. Gold
3. Iron
4. Silver

Which Greek hero was sent after the Golden Fleece?

1. Hercules
2. Jason
3. Perseus
4. Theseus

What is the name of the second best Greek hero who lost out to Odysseus?

1. Achilles
2. Agamemnon
3. Ajax
4. Atreus

ANSWERS TO GREEK MYTHS QUIZ

1. Cronos
2. Legend
3. Titan
4. Aphrodite/Venus
5. Hephaestus
6. Agamemnon, killed by Clytemnestra
7. A story of the creation of the world
8. Iron
9. Jason
10. Ajax