

<https://www.youtube.com/watch?v=5qD3SFt-wJ0>

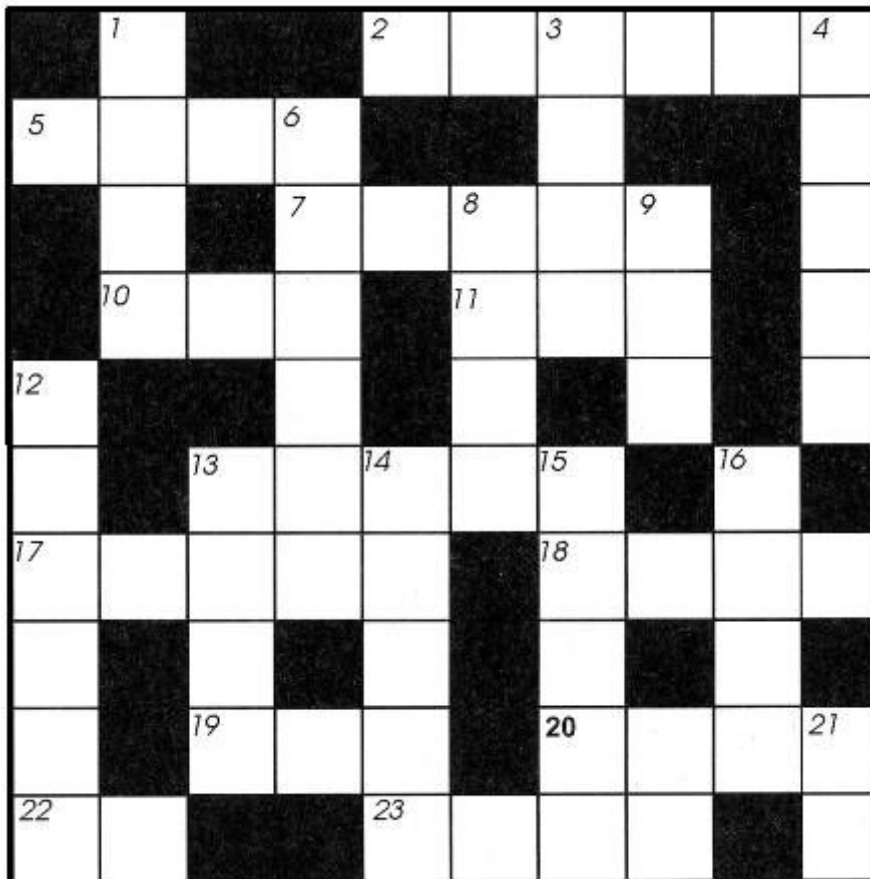
Watch the video about the most evil popes in the history.

BODY & CLOTHES

CROSSWORD

Themed vocabulary crossword -

A themed vocabulary crossword for intermediate level students of English as a foreign language (EFL), or English as a second language (ESL). Most of the words in this crossword have something to do with parts of the body, or clothes. If you can finish the crossword with no help, you're doing well; but you'll probably need the help of a dictionary for some of the answers.



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CLUES ACROSS

2. Half way down your arms.
5. Wear one when it's cold.
7. At the end of your arms.
10. What you hear with.
11. What you see with.
13. Opposite of "fronts"
17. Little white things in your head that bite.
18. This grows on your head.
19. Sort of cord worn round the neck.
20. If your clothes are dirty, them!
22. Do all British schoolkids wear uniforms?
23. It is sometimes worn by Scotsmen.

CLUES DOWN

1. The underneath of a shoe.
3. Flesh, skin, bones, muscle, the lot.
4. Often worn between a vest and a pullover.
6. In winter, people often get a sore
8. Between head and body.
9. What your eyes do.
12. Small round object, used to hold things together.
13. Strip of leather worn round the waist.
14. Side of the face, pink when it's cold.
15. Type of woollen scarf sometimes worn by ladies over their shoulders
16. What you kiss with.
21. Pronoun for a man.

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MYTH: Milk does a body good!



This is a successful bit of advertising that has wormed its way into our brains and policies to make milk seem magical.

The US Department of Agriculture tells us that adults should drink three cups of milk a day,

mostly for calcium and vitamin D.

However, multiple studies show that there isn't an association between drinking more milk (or taking calcium and vitamin D supplements) and having fewer bone fractures.

Some studies have even shown an association with higher overall mortality, and while that doesn't mean that milk consumption itself was responsible, it's certainly not an endorsement.

Sources: [Business Insider](#), [NYTimes](#), [Journal of Bone Mineral Research](#), [JAMA Pediatrics](#), [The Lancet](#), [British Medical Journal](#)

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MYTH: All organic food is pesticide-free and more nutritious.



Organic food isn't always free of pesticides and it isn't necessarily better for you.

Farmers who grow organic produce are permitted to use chemicals that are naturally derived — and in some cases are actually worse for the environment than their synthetic counterparts. However, pesticide levels on both organic and non-organic foods are so low that they aren't of concern for consumption, according to the USDA. (A thorough rinse can eliminate most pesticide residues.)

Eating organic food also doesn't come with any nutritional benefits over non-organic food, according to a review of 98,727 potentially relevant studies.