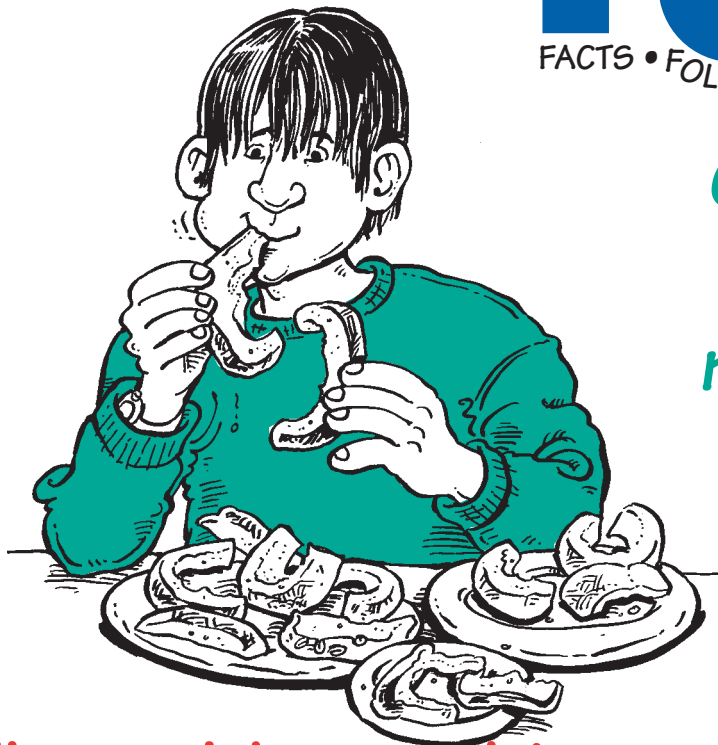


EATING FOOD

FACTS • FOLKLORE • FALLACIES & FIBS



“Eating
crusts
makes your
hair curl”

Who told you this and is it true?