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TRUE FALSE



GAMEDIA

Project Number: 2023-1-SE02-KA220-YOU-000150524

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TRUE FALSE

The viciousness of the Italian Covid-19 outbreak is driven by throngs of illegal immigrants from the Middle East

FALSE

It was used as anti-migrant propaganda by politicians. Authorities placed the passengers and crew of the ship, operated by Doctors Without Borders and humanitarian group SOS Méditerranée, into a precautionary quarantine when it arrived.



TRUE FALSE

**Using a face mask incorrectly
during the Covid-19 outbreak
can actually make it more
dangerous.**

FALSE



TRUE FALSE

President Donald Trump told a reporter that he believes vaccines can cause autism in young children. According to experts, is this true or false?

FALSE

Studies have shown that there is no link between receiving vaccines and developing ASD. The National Academy of Medicine reviewed the safety of 8 vaccines to children and adults and they found that with rare exceptions, these vaccines are very safe.



TRUE FALSE

When studies in the late 1940s found correlations between high-fat diets and high levels of cholesterol, experts reasoned that reducing fats in your diet, your risk for heart disease would go down. However, recently, some doctors have said that some fats actually help reduce the risk of heart disease or stroke. Is this true?

TRUE

While some types of fats, including saturated and trans fats, can increase risk for conditions like heart disease or stroke, healthy fats -like monounsaturated fats and polyunsaturated fats- actually help reduce the risk



TRUE FALSE

Fake and misleading stories relating to medical treatments or major diseases – such as cancer or Covid-19 – could lead to individuals making misinformed decisions about their health.

TRUE



TRUE FALSE

Using toothpaste on pimples works? Check the evidence card number 1

FALSE

Toothpaste wasn't designed to be put on the skin, and the ingredients in it aren't meant to control acne-causing bacteria



TRUE FALSE

**Consuming raw garlic repels
mosquito bites**

FALSE

There's no real proof that ingesting anything in particular will have any effect on mosquitos



TRUE FALSE

Check the evidence card
number 2 to analyse the
reliability of the article. Would
you say that the statment from
the title is true?

*“A Japanese supplement pill
was linked to five deaths and
more than 100 hospitalisations”*

TRUE



TRUE FALSE

New study links non-animal-based ultra-processed foods to higher cardiovascular disease risk and mortality

TRUE

When the diet was richer in plant-based unprocessed food such as fruits, vegetables, cereals or nuts, the risks were reduced.



TRUE FALSE

According to the article you will see in the evidence card, being stressed at work may increase your risk for type 2 diabetes. Does this seem like a reliable source of information? What do you think is it true or false??

TRUE

The article shown is a scientific article that adheres to strict methodological standards and is based on empirical evidence. We can also see that it is backed by the "American Diabetes Association". This makes it a reliable source of information.



TRUE FALSE

You need to drink eight glasses of water a day to stay healthy.

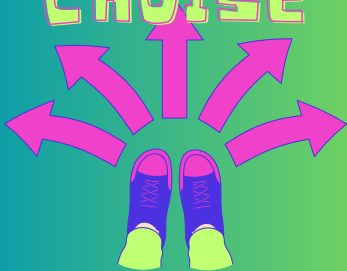
FALSE

While staying hydrated is important, the idea that everyone needs exactly eight glasses of water daily is a myth. Water needs vary depending on factors like age, weight, activity level, and climate.



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MULTIPLE CHOISE



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MULTIPLE CHOISE

Check the evidence card
number 3 and indicate which of
the following pieces of
information related to COVID-19
was spreading fake news.

- a) Tweet A
- b) Tweet B
- c) Tweet C
- d) All of them**



MULTIPLE CHOICE

Check the evidence card number 4 and indicate which of the following pieces of information related to COVID-19 was spreading fake news.

a) Picture A

b) Picture B



MULTIPLE CHOISE

Check the evidence card
number 5 and indicate which of
the following pieces of
information related to COVID-19
was not spreading a fake news:

- a) The tweet
- b) The TV program
- c) The WHO website**
- d) The newspaper article



MULTIPLE CHOICE

Which of the following statements about COVID-19 wouldn't be a fake news?

- a) COVID-19 vaccines contain microchips for tracking individuals.
- b) Drinking bleach can cure or prevent COVID-19.
- c) COVID-19 only affects older adults and not young people.
- d) It is primarily spread through respiratory droplets when an infected person coughs, sneezes, or talks.**



MULTIPLE CHOISE

Check the article included in the evidence card number 6. Which may be a danger of this type of fake news?

- a) Following extreme diets or methods not recommended by nutritionist or proffesionals may imply a risk for health**
- b) It is helping to lose only 10-15kg in a month and that is not enough
- c) There is no problem with this article



MULTIPLE CHOISE

**Is isotonic drink a specific
tretament for stomach
deaseases?**

- a) Yes
- b) No**
- c) In small groups quantities it is
beneficial

Isotonic drink has not been created as a medicine and consequently, it is not a specific treatment for diarrhea and vomiting



MULTIPLE CHOICE

**Is drinking water with meals
fattening?**

- a) Yes
- b) No**
- c) Yes, 500 grams per day

This is a false myth. Water cannot make you fat because it does not contain calories



MULTIPLE CHOICE

Which of these platforms is not a reliable source of information regarding health information?

- a) World Health Organization
- b) National Institutes of Health
- c) Social Media Platforms (Instagram, Tik Tok, Facebook)**
- d) Centers for Disease Control and Prevention



MULTIPLE CHOICE

Which are the correct steps to take if in doubt of a health news, to prevent health misinformation spread?

- a) Examine author credentials
- b) Question sensational claims
- c) Pay attention to the date
- d) All of the above**



MULTIPLE CHOICE

Which of the following is NOT an effective method for preventing the spread of Covid-19?

- a) Wearing a face mask
- b) Drinking bleach solution**
- c) Practicing social distancing"

Drinking bleach or any other disinfectant is not only ineffective against Covid-19 but also extremely dangerous and can cause serious harm or death.

MULTIPLE CHOICE



Herd immunity occurs when a large portion of a community becomes immune to a disease, making its spread from person to person unlikely. With this understanding, what is the significance of herd immunity in controlling the spread of COVID-19?

- a) Herd immunity can be achieved through natural infection without the need for vaccines
- b) Herd immunity is not relevant in the context of Covid-19
- c) Herd immunity can be achieved through widespread vaccination to protect vulnerable populations**

Herd immunity occurs when a large portion of a community becomes immune to a disease, either through vaccination or previous infection, thereby providing indirect protection to those who are not immune. With Covid-19, achieving herd immunity through vaccination is crucial to reduce transmission and protect individuals who are at higher risk of severe illness.



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OPEN QUESTION



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OPEN QUESTION

There is an evidence that drinking water regularly and keeping your mouth moist can protect you from Covid-19. Is it true?

No

The overwhelming evidence suggests that the best approach remains avoiding unnecessary social contact and washing your hands.



OPEN QUESTION

**Was Covid-19 a bio-weapon
developed by either the U.S?**

No

The office said the Russian government wasn't authoring the fake news articles but rather had amplified false theories and disinformation that come from elsewhere, including from American far-right groups. It remains unclear how far these Kremlin-backed false reports have spread, and analysts say the majority of misinformation is currently spread by normal people on social media.



OPEN QUESTION

What's the minimum amount of hours that experts generally recommend adults to sleep?

7 hours

According to the National Heart, Lung, and Blood Institute, adults who sleep less than 7 hours a night may have more health issues than those who sleep 7 or more hours a night.



OPEN QUESTION

Which is the most recommended contraceptive method for preventing both pregnancy and STDs?

Condoms

According to the World Health Organization, only one contraceptive method, condoms, can prevent both a pregnancy and the transmission of sexually transmitted infections



OPEN QUESTION

Is it really necessary to eat 5 meals a day to maintain a healthy weight?

NO

You should eat the number of meals per day that give you the most satisfaction, control of your hunger and best prevent energy losses.

Five meals are not scientifically justified.



OPEN QUESTION

Were illegal immigrants covered by the right to health care during the COVID-19 pandemic?

Yes

Illegal immigrants were eligible to health care during the COVID-19 pandemic, since everyone has the right to health; it is a human right regardless of national legislation. Health care must be accessible to all people, especially the most vulnerable or marginalized sectors of the population.



OPEN QUESTION

Check the article from the evidence card number 7, analyse its reliability and answer: Will smoking keep you thin and why?

No it doesn't, it actually increases belly fat

Smoking increases this problematic internal fat, which is a risk factor for many diseases like diabetes, cardiovascular disease, and metabolic conditions.



OPEN QUESTION

What are the main causes of obesity? Mention at least one cause.

Possible causes include: eating too many highly processed foods or added sugars, lack of sport activities and insufficient sleep.

Obesity impacts the body in numerous ways, both mechanical and chemical. The additional body fat exerts extra pressure on the skeleton and joints. Chemically, obesity alters blood composition, raising the risk of diabetes, heart disease, and stroke.



OPEN QUESTION

Which nutrient is essential for maintaining healthy bones and teeth?

Calcium

Calcium is a crucial mineral for bone health. It helps build and maintain strong bones and teeth, reducing the risk of osteoporosis and dental issues.



OPEN QUESTION

Name at least one food from which we can obtain healthy fats

Possible causes include: olive oil, nuts, and avocados.

These food contain monounsaturated fats. Contrary to false myths saying that all fats are bad for health, these fats have beneficial effects on heart health. They can help lower bad cholesterol levels and reduce the risk of heart disease.



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ACTION CARD

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ACTION CARD

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ACTION CARD

**Throw the dice again and
keep playing!**

ACTION CARD

**You can choose the
question type to answer**

ACTION CARD

Move 2 square ahead

ACTION CARD

Move 5 square ahead

ACTION CARD

Move 2 square back

ACTION CARD

Move 5 square back

ACTION CARD

Skip one turn! The player who picks this card must skip their next turn.

ACTION CARD

**Choose another player to
remain stuck and
skipping one turn!**

ACTION CARD

Extra chance! When giving a wrong answer, you can use this card once for having a second chance to answer.

ACTION CARD

Double Move! The player gets to move twice the number of spaces indicated by the dice.