

## 6. Misconceptions about human metabolism and weight loss

Newspapers, online news and blogs often feature articles on weight loss, diets and human metabolism. However, many of these articles are not based on reliable scientific research.

*Read the following statements and decide whether you think they are true. Why or why not? What data would you need to back up such statements?*

“Most of the energy we burn is from being physically active; exercise is the most efficient way to lose weight.”

“Wine can help you lose weight.”  
*e.g. in this Daily Telegraph article*

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Revealed: How to lose weight - drink plenty of red wine