

**POST-HEALTH LITERACY ASSESSMENT**

What is your name? \_\_\_\_\_

What is today's date? \_\_\_\_\_

1. To buy over-the-counter medicines at a pharmacy you must have a prescription.

True       False

2. Most people eat too much fiber.

True       False

3. Do I know where I can go in my community to get free or low cost medical care?

Yes       No

4. Medicine labels tell you the medicine's expiration date.

True       False

5. If my medicine expires, I should check with my pharmacist or doctor.

True       False

6. Asthma is when your body has trouble using sugar to make energy.

True       False

7. Fiber helps the body get rid of waste.

True       False

8. When should you see a doctor?

- Only when you are sick
- When you are sick and for a yearly check-up
- Only in emergencies

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**9. What does "take one pill twice daily" mean?**

- Take a pill at two different times in the same day.
- Cut a pill in two and take each half at different times in the day.
- Take two pills at the same time once a day.

**10. If your nose is full and you cannot breathe through your nose, you are:**

- Constipated
- Congested
- Dizzy

**11. Which of the following foods is highest in carbohydrates?**

- Tomatoes
- Celery
- Potatoes

**12. What is another name for salt?**

- Soda
- Saturated
- Sodium

**13. If a word begins with Cardio- it probably means it's related to the:**

- Skin
- Heart
- Eyes

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Read the following text to answer questions 14 and 15:

NUTRITION FACTS		
Serving Size 1 Cup (228g)		
Serving Size Per Container 2		
<hr/>		
Amount Per Serving		%Daily Value
<b>CALORIES</b> 250	Calories from Fat 110	
<b>Total Fat</b> 12 g	18%	
Saturated Fat 3g	15%	
Trans Fat 3g		
<b>Cholesterol</b> 30mg	10%	
<b>Sodium</b> 470 mg	20%	
<b>Total Carbohydrate</b> 31g	10%	
Dietary Fiber 0g	0%	
Sugars 5g		
<b>Protein</b> 5g		

- 14) Your doctor has put you on a low fat diet (you should not eat more than 10g of fat per meal). Can you eat this whole box of macaroni and cheese for dinner? (Circle the best answer) Yes      No
- 15) How much salt is there in one serving of macaroni and cheese? \_\_\_\_\_

Please choose the best answer:

16. Which of the following is NOT a chronic disease?

- |                                   |  |
|-----------------------------------|--|
| <input type="checkbox"/> Asthma   | <input type="checkbox"/> Flu           |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Heart Disease |

17. What is an insurance deductible?

- The amount you or your employer pays for your insurance coverage
- The amount you have to pay before your insurance company will begin to pay
- A health problem you have before your health insurance starts

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**18. What is a health history form?**

- A form you fill out to apply for health insurance
- A form you fill out so you can ask your doctor questions
- A form you fill out sharing the health problems of you and your family

**19. What is a common risk factor for diabetes?**

- Being overweight
- Asthma
- Chest pain

**Read the following text to answer questions 20 and 21:**

GARFIELD, ANA MARIA	16 Apr 2013
RX# FF941858	Dr. LUBIN, MICHAEL
PENICILLIN VK 250MG/tablet	30 round white tablets
Take one tablet by mouth three times a day for ten days.	
2 Refills.	

20) If you take all tablets as prescribed by your doctor, how many tablets will you have left over at the end of the ten days? \_\_\_\_\_

21) Once these pills are gone, how many times can you get more pills with this prescription? \_\_\_\_\_

Thank you for completing this assessment. Please give it back to your teacher.