PRE-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.
   □ True  □ False

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
Read the following text to answer questions 14 and 15:

**NUTRITION FACTS**

Serving Size 1 Cup (228g)
Serving Size Per Container 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CALORIES</strong> 250 Calories from Fat 110</td>
<td></td>
</tr>
<tr>
<td>%Daily Value</td>
<td></td>
</tr>
<tr>
<td>Total Fat 12 g</td>
<td>18%</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat 3g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium 470 mg</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
</tbody>
</table>

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?

- [ ] Asthma
- [ ] Flu
- [ ] Diabetes
- [ ] 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

**Turn to the next page**
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

☐ Smoking

☐ Chest pain

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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? _______

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