



Health Literacy for English Conversation Groups

Healthy Eating

How well can you read a nutrition label in English? Please circle your answer.

very well

a little bit

not very well

Can you talk in English about foods you like and dislike? Please circle your answer.

very well

a little bit

not very well

Do you know how to choose healthy food for you and your family? Please circle your answer.

very well

a little bit

not very well

Please circle the words you know:

nutrition

fiber

sodium

nutritious

vitamins

fruit

carbohydrates

calcium

grains

proteins

iron

vegetables

fats

sugar

dairy



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Medicine Labels

Can you read a medicine label? Please circle your answer.

very well

a little bit

not very well

Do you know the difference between prescription and over-the-counter medicines?
Please circle your answer.

very well

a little bit

not very well

Do you feel able to ask your pharmacist questions about your medicine? Please circle
your answer.

very well

a little bit

not very well

Do you feel able to ask your doctor questions about your medicine? Please circle your
answer.

very well

a little bit

not very well

Please circle the words you know:

pharmacy

every day

active ingredient

refill

take

warnings

tablet

apply

directions

by mouth

use

side effects

QTY

prescription number



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The Doctor's Office

Can you describe your symptoms to a doctor? Please circle your answer.

very well

a little bit

not very well

Do you feel able to make an appointment with a doctor's office? Please circle your answer.

very well

a little bit

not very well

Do you feel able to ask your doctor questions? Please circle your answer.

very well

a little bit

not very well

Can you fill out forms at the doctor's office or hospital? Please circle your answer.

very well

a little bit

not very well

Please circle the words you know:

check-ups

doctor

medical interpreter

health history form

receptionist

blood pressure

examining room

appointment

temperature

gown

co-pay

family history

medicines

identification

follow-up

prescriptions

emergency

referral

nurse

health insurance