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