

Health Literacy  
for  
English Conversation  
Groups

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The tutor will

.Increase awareness and knowledge of health literacy issues with ESOL students.

.Learn about health literacy topics.

.Learn strategies and activities for helping students to better navigate the health care system, including being able to fill out forms, read and understand labels, and locate providers and services.

.Learn strategies and activities to help students expand their reading, writing, math and communication skills.



- Three topics - Healthy Eating, Medicine Labels, and The Doctor's Office
  
- Two 2 hour conversation group sessions for each topic, including:
  - . Warm Ups
  - . Group Discussion
  - . Group Activities
  - . Paired Activities
  - . Reading/Writing Activities



Topic One

Healthy Eating



# Essential Vocabulary

- nutrition
- nutritious
- carbohydrates
- proteins
- fats
- fiber
- vitamins
- calcium
- iron
- sugar
- sodium
- fruit
- grains
- vegetables
- dairy



**Topic Two**

**Medicine Labels**



# Essential Vocabulary

- pharmacy
- refills
- tablet
- by mouth
- QTY
- every day
- take
- apply
- use
- prescription number
- active ingredient
- warnings
- directions
- side effects



Topic Three

The Doctor's Office



# The Doctor's Office

- check-ups/follow-ups
- health history form
- examining room
- gown
- medicines
- prescriptions
- nurse/doctor
- receptionist
- appointment
- co-pay
- identification
- emergency
- health insurance
- medical interpreter
- blood pressure
- temperature
- family history
- referral