

Florida Literacy Coalition
Health Literacy Grant Initiative
Made possible through the generous support of Blue Cross and Blue Shield of Florida

POST-ASSESSMENT

What is your name? _____

What is today's Date? _____

1. People should see a doctor only when they are sick.

True

False

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

True

False

3. Most people eat too much fiber.

True

False

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

True

False

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

True

False

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6. 911 phone operators only speak English. If I do not understand the person I am speaking to, I should just hang up the phone and call someone else who speaks my native language.

True

False

7. Some chronic diseases do not have any symptoms.

True

False

8. Everyone needs to eat 2,000 calories per day.

True

False

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

Take one separate 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 together once a day.

10. You know you have congestion when:

You have a pain or ache on your stomach.

Your nose is full, it's hard to breath.

You feel tired all the time.

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

- Skin
- Heart
- Eyes

12. What is a common risk factor for diabetes?

- Chest Pain
- Smoking
- Low birth weight

13. 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.

14. What is a health history form?

- A form you fill out with information about your doctor (for example, his/her address and telephone number)
- A form you fill out so you can ask your doctor questions.
- A form you fill out to tell your doctor the health problems you and your family have or had.

15. Which of the following is not a chronic disease?

- Asthma
- Diabetes
- Flu

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16. Read the following text and answer the questions below:

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

a) 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

b) How much salt is there in one serving of macaroni and cheese? _____

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17. Read the following text and answer the questions below.

GARFIELD, ANA MARIA 16
Apr 2009

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.

0 Refills.

- a) 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? _____

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