



Health Literacy Post-Assessment Test

Please answer accordingly:

- 1) It is not important to let pharmacists/physicians know about medications T F
- 2) Reading medication labels is not crucial T F
- 3) Medication dosage depends on age and weight T F
- 4) Medications do not cause allergies T F
- 5) Schools do allow medications with students T F
- 6) Parents allow medication at school T F
- 7) All drugs are alike T F
- 8) Drugs are:
 - a) chemicals that change the way our bodies work
 - b) transported to the blood
 - c) bad for you
 - d) a & b
- 9) Alcohol is:
 - a) A depressant
 - b) A liquid
 - c) A drug
 - d) all of the above
 - e) none of the above
- 10) Alcohol can poison you T F

- 11) Diet pills are amphetamines T F
- 12) Uppers, downers, bennies are all amphetamines T F
- 13) Mood swings are amphetamine symptoms T F
- 14) Cocaine and crack are the same T F
- 15) Cocaine is lethal T F
- 16) XTC, X, Adam, E, Roll are all forms of diet pills T F
- 17) Friends should keep secrets even if they are harmful to their families T F
- 18) Where do you seek help?
- a) at home
 - b) at school
 - c) In the community
 - d) Only "a"
 - e) Everywhere
- 19) Define a "friend"
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- 20) What is "peer pressure"?
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- 21) The key to good relationships is communication T F
- 22) What do you really need for personal hygiene?
- a) Shampoo _____
 - b) Soap _____
 - c) comb/brush _____
 - d) Shower
 - e) shower _____
 - f) clean clothes _____
 - g) All of the above
 - h) Other, please specify _____
- 23) It is okay to share hair combs T F
- 24) It is embarrassing to speak to parents about health issues T F

25) What number do you call in case of an emergency? -----

26) The parts of the food guide pyramid are:

- a) Vegetables
- b) Meat & Beans
- c) Potato chips
- d) Ketchup
- e) All of the above
- f) A & B

27) It is better to drink sweetened juices (with sugar). T F

28) White rice is healthier than brown rice F

29) Lentils and beans are proteins T F

30) CALCIUM is found in Milk T F

31) What is a “diet”?-----

32) What is the best diet?

- a) Atkins
- b) South Beach
- c) Dean Ornish
- d) Jenny Craig
- e) Slim Fast
- f) None
- g) All

33) Describe yourself- Are you

- a) Fat
- b) Skinny
- c) Just right
- d) Overweight
- e) Other, provide your answer-----

34) Do you eat as a family (altogether), for dinner, for example?

- a) Yes, all the time
- b) Sometimes
- c) Never
- d) Other, please provide your answer-----

35) The DEA is the Federal agency responsible for approving use of medicines.

- a) True
- b) False

36) Cough medicines are not dangerous

- a) True
- b) False

37) Marijuana does not cause memory loss.

- a) True
- b) False

38) Heroin is a narcotic (addictive drug) that can stop your breathing.

- a) True
- b) False