

**Topic:** **Health**  
(Provided by Catholic Charities, Louisville, KY)

**Activity:** **“Health Week” – Lectures, Field Trip, and Quiz**

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**Materials**

- Over-the-counter medicine (e.g. Tylenol, Robitussin, Zantac, etc.) and a measuring cup or spoon.
- Empty food containers, jars and boxes.
- Quiz (see sample included)

**Time**

Several 90-minute sessions over the period of one week (sessions may be combined)

**Practice**

1. Session 1: A resettlement staff member gives the participants a general overview of over-the-counter medicine, then takes the class on a field trip to the pharmacy to look at and discuss various types of medicine (their purpose, use, labeling, etc.).
2. Session 2: A health plan representative presents to the class about the basics of health insurance: coverage, co-pays, deductibles, networks, allowable expenses, etc. The representative will also explain their specific plan for low-income clients and answer participant questions.
3. Session 3: A nutritionist will present information regarding eating healthfully, including types of food, recommended portions, reading labels, etc.
4. Session 4: Participants bring a small traditional dish for the class to share and explain the recipe.
5. Session 5: Review the material previously covered, then have the participants take an oral quiz to demonstrate their understanding. After the quiz, review the correct answers with the class.

### **Quiz: Over-the-Counter Medicine**

Give participants the empty boxes of medicines and ask the following questions:

1. What is the medicine for?
2. What is the expiration date of the medicine?
3. How much of the medicine can you give to a 6-year-old child?
4. How many times during the day can you take this medicine?

### **Quiz: Food and Nutrition**

Give participants the empty boxes of medicines and ask the following questions:

1. Give me an example of a healthy meal.
2. Should you buy a can if it is dented or corroded?
3. How should you store food and leftovers?
4. Which juice is a healthy juice?
5. What does "use by \_\_\_ date" mean?
6. What food group should you eat the least amount of?
7. How many glasses of water should you drink every day?