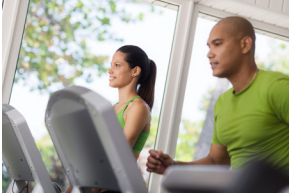


# CAN DO LIST

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## I CAN

### LESSON 1



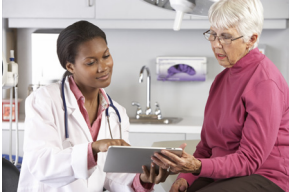
Talk about risks for chronic disease; for example, “Eating a lot of sugar is unhealthy and leads to diabetes”

YES      MAYBE      NO

Talk about healthy behaviors to prevent chronic disease; for example, “Exercising regularly helps prevent heart disease”

YES      MAYBE      NO

### LESSON 2



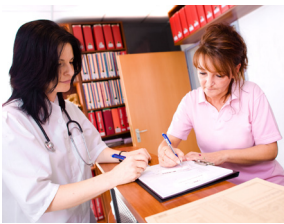
Talk with my doctor about my health

YES      MAYBE      NO

Ask my doctor important questions; for example, “what do I need to do?”

YES      MAYBE      NO

### LESSON 3



Fill out forms at the doctor’s office

YES      MAYBE      NO

Write and talk about my medical history

YES      MAYBE      NO

### LESSON 4



Ask important questions about prescription medicine to my pharmacist

YES      MAYBE      NO

# CAN DO LIST

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## I CAN

### LESSON 5



Understand medicine labels; for example, I can understand side effects and warnings

YES      MAYBE      NO

Use "should" to give advice; for example, "You should drink water when you take this medicine"

YES      MAYBE      NO

### LESSON 6



Make a doctor's appointment

YES      MAYBE      NO

Talk about why I need to see the doctor; for example, "I have had a serious headache for 3 days"

YES      MAYBE      NO

Ask for a different day or time when I make an appointment

YES      MAYBE      NO