

Name \_\_\_\_\_

Date \_\_\_\_\_

## Consumer Health

1. An important skill that everyone should have is knowing how to find \_\_\_\_\_ health information.
2. Today you can find reliable \_\_\_\_\_ just about anywhere.
3. All these sources seem to have \_\_\_\_\_, but they don't always agree.
4. Knowing how to \_\_\_\_\_ sources of health information will help you decide which information is reliable.
5. Often the \_\_\_\_\_ place to start when you want health information is your parents or guardians.
6. If they don't know the \_\_\_\_\_, they can help you find it.
7. Some of the best sources of health information are \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and other health-care professionals.
8. You and your parents can talk to these professionals about \_\_\_\_\_.
9. Other good sources for health information are \_\_\_\_\_ and health organizations.
10. Organizations such as the \_\_\_\_\_ association and the \_\_\_\_\_ association are always willing to provide answers to your questions.
11. One source of information you probably have considered is your \_\_\_\_\_.
12. Getting answers from friends about most health questions \_\_\_\_\_ a \_\_\_\_\_.

13. Your friends probably \_\_\_\_\_ more than you do about most health topics.

### Evaluating Health Websites

14. More and more people are turning to the \_\_\_\_\_ to find health information.

15. You can find many \_\_\_\_\_ filled with reliable information.

16. However, it's important to remember that \_\_\_\_\_ can put \_\_\_\_\_ on the Internet.

17. Here are some questions to help \_\_\_\_\_ whether a website provides solid health information.

- \_\_\_\_\_ controls the website?
- Who is \_\_\_\_\_ it?
- Does the site \_\_\_\_\_?
- Is the website \_\_\_\_\_ something?
- What is the \_\_\_\_\_?
- Do websites \_\_\_\_\_?

### Health Facts from Other Sources

18. References such as \_\_\_\_\_ and dictionaries usually provide health facts that you can trust.

19. \_\_\_\_\_ have information based on recent scientific research.

20. Many magazine have health information, but be \_\_\_\_\_ the information is written or \_\_\_\_\_ by professionals or consumer groups.

21. Beware of magazine articles that tell about " \_\_\_\_\_ " health products, fad diets, and weight-loss products.