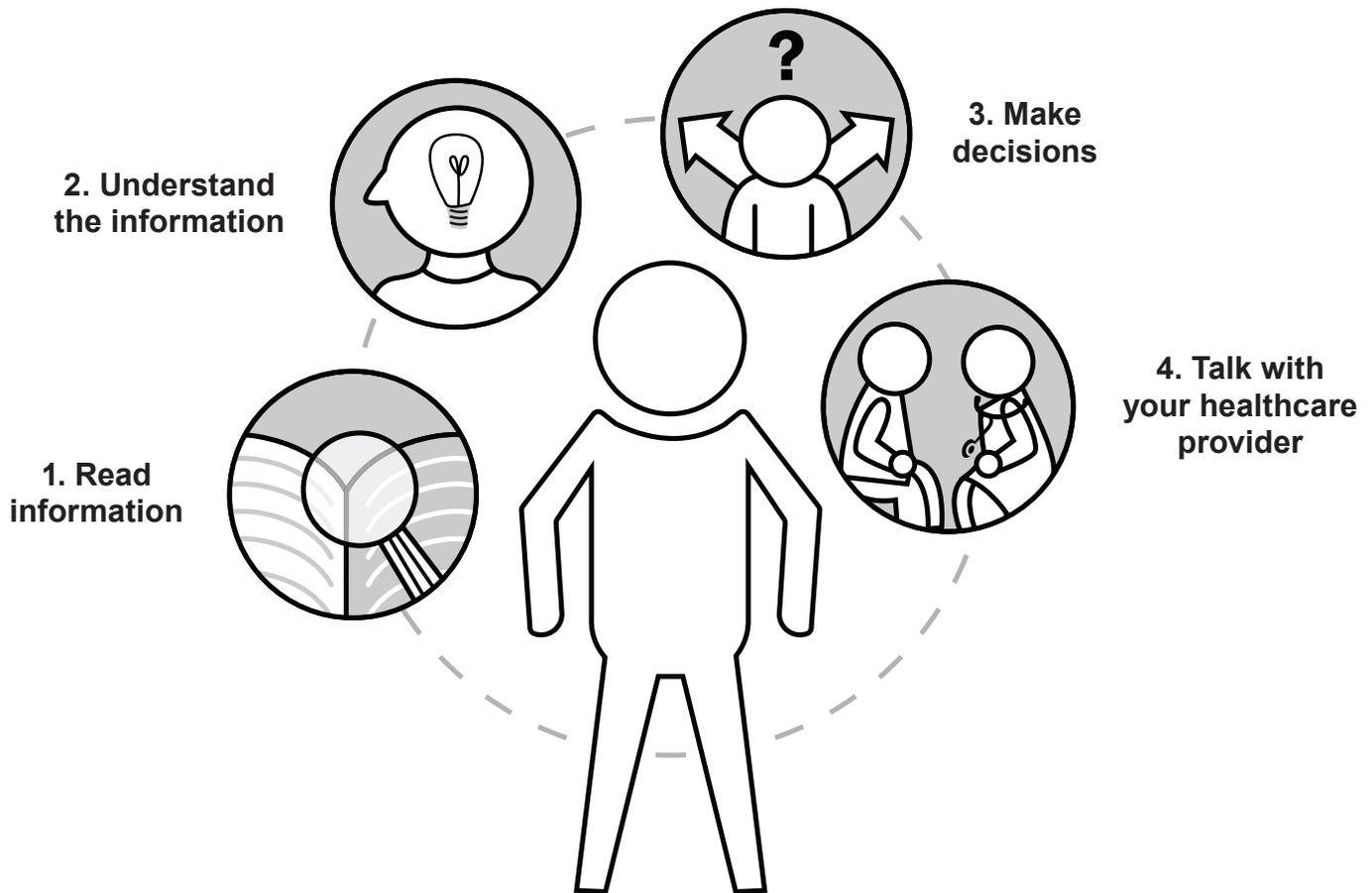


# Knowledge is Power: Learning Health Literacy

Health Literacy means you can read, understand and use information to make decisions about your health. Healthy decisions can lead to a healthier life!



What are some things you already know about your body and your health? Write your answers to these questions:

- **Do you have any allergies?** If so, what are you allergic to?  
\_\_\_\_\_
- **Do you take any medicine?** If so, do you know what the medicine is for?  
\_\_\_\_\_
- **Do you wear glasses?**  
\_\_\_\_\_
- **What hand do you write with?**  
\_\_\_\_\_