

Health Labels & Warnings

Vocabulary Preview

Match up as many words and meanings as you can before you look at some examples of health labels and warnings.

- | | | |
|-----|------------------|--|
| ___ | 1. alcohol | a) through (or related to) the mouth |
| ___ | 2. smoking | b) the feeling that you might fall down |
| ___ | 3. cancer | c) wine, beer, and spirits |
| ___ | 4. saturated fat | d) a person who does not eat animal products |
| ___ | 5. oral | e) a disease caused by abnormal cell growth |
| ___ | 6. dizziness | f) inhaling tobacco from cigarettes |
| ___ | 7. vegan | g) small amounts |
| ___ | 8. gluten-free | h) an unhealthy fat (usually from animal products) |
| ___ | 9. traces | i) a chance that something bad will happen |
| ___ | 10. risk | j) does not contain gluten (a protein found in wheat and other grains) |


Set 1

A. Reading

Read the warnings. Then answer the questions.

#1

Alcohol can harm your unborn baby.



#2

WARNING: Smoking cigarettes causes lung cancer.

#3



This product is high in saturated fat.

#4

HIGH IN SUGAR

Department of Health

B. Questions

1. What type of readings are these?
 - a) health warnings
 - b) medication labels
 - c) allergy warnings
2. Who is the target audience for #1?
 - a) babies
 - b) children
 - c) expecting parents
3. According to #2, what does smoking cause?
 - a) obesity
 - b) alcoholism
 - c) cancer
4. Who created the label for #4?
 - a) the government
 - b) a food company
 - c) a tobacco company
5. Which label would you most likely see on a box of wine?
 - a) #1
 - b) #2
 - c) #3
6. Imagine you bought a bag of chips. Copy the warning that you would most likely see on the bag.

Set 2

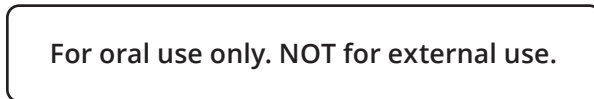
A. Reading

Read the labels. Then answer the questions.

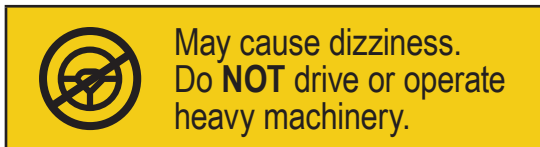
#1



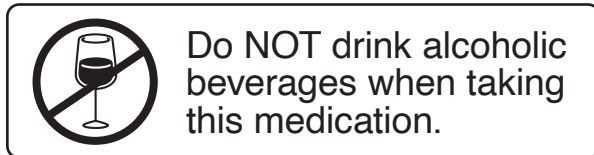
#2



#3



#4



B. Questions

- What type of labels are these?
 - food labels
 - medication labels
 - alcohol labels
- Read #2 again. What should you NOT do?
 - Rub it on your skin.
 - Drink or eat it.
 - Swallow it.
- Which warning is specifically for adults?
 - #1
 - #2
 - #4
- Read #1 again. What should you NOT do?
 - Take with dinner.
 - Take with lunch.
 - Take before breakfast.
- What is NOT mentioned in #3?
 - Don't drive a vehicle.
 - Don't operate a heavy machine.
 - Don't exercise.
- Imagine you got a medication cream for your skin. What does the label probably say?

Set 3

A. Reading

Read the warnings. Then answer the questions.

#1 CONTAINS: WHEAT

#2 MAY CONTAIN TRACES OF NUTS

#3 ⚠ MAY CONTAIN DAIRY

#4 

B. Questions

1. What type of warnings are examples 1–3?
 - a) allergy warnings
 - b) medication labels
 - c) health reminders

2. Who should NOT eat product #2?
 - a) a person who has a wheat allergy
 - b) a person who has a nut allergy
 - c) a person who has a dairy allergy

3. Which allergy is NOT mentioned on any of the labels?
 - a) an allergy to alcohol
 - b) a nut allergy
 - c) an allergy to milk or eggs

4. You don't eat animal products. Which label tells you that the food is safe for you?
 - a) #1
 - b) #3
 - c) #4

5. Which product is not good for a person on a gluten-free diet?
 - a) #1
 - b) #2
 - c) #4

6. A child really wants a chocolate bar, but he has a peanut allergy. Copy the label that makes him sad.

Assessment

A. Reading

Read the information. Then answer the questions.

#1

WARNING: Smoking increases your risk of heart and lung disease.

#2



HIGH IN SODIUM.
May increase your risk of heart disease.

#3



MAY CONTAIN NUTS. MANUFACTURED IN A FACILITY THAT ALSO PRODUCES TREE NUTS.

#4

May cause dizziness. Do NOT take on an empty stomach.

B. Questions




- What do readings 1–4 have in common?
 - They are all food labels.
 - They are all health warnings.
 - They are all prescription labels.
- Which warning will you find on a pack of cigarettes?
 - #1
 - #2
 - #3
- Which warning will you find on a prescription bottle?
 - #2
 - #3
 - #4
- Which is a warning for people with allergies?
 - #1
 - #2
 - #3
- What type of product is most likely to have warning #2?
 - an unhealthy snack
 - an alcoholic beverage
 - a tobacco product
- Read #4 again. Take your medication right after breakfast because...
 - you don't want to feel dizzy.
 - you want a cigarette.
 - you want to drive to work.
- Copy the warning that tells a teen not to smoke.

Assessment Tool

Student: _____

Resource Used: Health Labels & Warnings (Real-World Reading, Ellii)




Theme	Skill	Date Completed	Level
Health Labels & Warnings	Reading		

✓	Criteria Assessed	Achieved 	Achieved with Help 	Needs Improvement 
	identifies reading layout			
	scans formatted text to find specific details			
	interprets simple graphics			
	demonstrates an understanding of vocabulary found on health warnings and labels			

Score	Success	Teacher Feedback

Self-Assessment

Add check marks (✓) to show what you've learned.

Can I...	Yes (very well) 	Yes (with help) 	Not yet 
understand vocabulary on health warnings and labels?			
understand who the audience is for a health warning or label?			
find important information on health warnings and labels?			
interpret simple graphics on health warnings and labels?			

Answer Key

Vocabulary Preview

- | | | | | |
|------|------|------|------|-------|
| 1. c | 3. e | 5. a | 7. d | 9. g |
| 2. f | 4. h | 6. b | 8. j | 10. i |

Set 1

- | | |
|------|---|
| 1. a | 4. a |
| 2. c | 5. a |
| 3. c | 6. This product is high in saturated fat. |

Set 2

- | | |
|------|---|
| 1. b | 4. c |
| 2. a | 5. c |
| 3. c | 6. For external use only. NOT for oral use. |

Set 3

- | | |
|------|-------------------------------|
| 1. a | 4. c |
| 2. b | 5. a |
| 3. a | 6. May contain traces of nuts |

Assessment

Ask your students to read the information in Part A and respond in Part B.

Answers:

- | | |
|------|---|
| 1. b | 5. a |
| 2. a | 6. a |
| 3. c | 7. Smoking increases your risk of heart and lung disease. |
| 4. c | |

Assessment Tool

Use this assessment tool to record each student's reading abilities. In the Success column, add Success = 70–80% (or adapt to your own success requirements). Students who do well may be ready to read more detailed labels.

Self-Assessment

When your students have completed these tasks, have them assess their own learning by filling in the chart.

ABOUT THE EMOJI:

The emoji (and their derivatives) used in this resource are from Twemoji, an open-source project by Twitter. They are licensed under CC-BY 4.0. <https://github.com/twitter/twemoji>