

## EL/Civics Lesson Plan

Program Name MVCTC EL/Civics Program

Staff Responsible for Lesson Mary Ann Oatney

Date(s) Used	4/2008																
Civics Category	II. Civic Participation																
Civics Objective	II. 21—Health—Pharmacy Demonstrate how to use pharmacies/drug stores and medicines.																
Time Frame to Complete Lesson	2.0 hours																
EFL(s)	High Beginning ESOL, Low Intermediate ESOL, High Intermediate ESOL																
Standard(s)/Components of Performance	<ul style="list-style-type: none"> <li>✓ Listen Actively</li> <li>✓ Speak so That Others Can Understand</li> <li>✓ Read With Understanding</li> <li>✓ Convey Ideas in Writing</li> </ul>																
Benchmark(s)	<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>Listening</u></th> <th style="text-align: left;"><u>Speaking</u></th> <th style="text-align: left;"><u>Reading</u></th> <th style="text-align: left;"><u>Writing</u></th> </tr> </thead> <tbody> <tr> <td>L3.1 L4.1 L5.1</td> <td>S3.1 S4.1 S5.1</td> <td>R3.1 R4.1 R5.1</td> <td>W3.3 W4.1 W5.5</td> </tr> <tr> <td>L3.3 L4.2 L5.4</td> <td>S3.2 S4.2 S5.2</td> <td>R3.3 R4.2 R5.3</td> <td>W3.5 W4.5</td> </tr> <tr> <td>L3.4 L4.4 L4.5</td> <td>S3.4 S4.4 S5.4 S3.5 S4.5</td> <td>R3.4 R4.3 R5.4 R3.5 R4.4 R5.5 R3.6 R4.5 R5.11</td> <td></td> </tr> </tbody> </table>	<u>Listening</u>	<u>Speaking</u>	<u>Reading</u>	<u>Writing</u>	L3.1 L4.1 L5.1	S3.1 S4.1 S5.1	R3.1 R4.1 R5.1	W3.3 W4.1 W5.5	L3.3 L4.2 L5.4	S3.2 S4.2 S5.2	R3.3 R4.2 R5.3	W3.5 W4.5	L3.4 L4.4 L4.5	S3.4 S4.4 S5.4 S3.5 S4.5	R3.4 R4.3 R5.4 R3.5 R4.4 R5.5 R3.6 R4.5 R5.11	
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Materials	<p><u>Handouts:</u> Over-the-Counter and Prescription Medicines</p> <ul style="list-style-type: none"> <li>Key Label Concepts</li> <li>Sample Medicine Label</li> <li>Read the Label Exercise</li> <li>Fill in the blanks</li> <li>Can you read the label</li> </ul> <p>Samples of labels from medicine</p>																
Activities	<p><b>Two kinds of drugs:</b> distribute handout:  <span style="color: purple;">Over-the-Counter and Prescription Medicines</span></p> <ol style="list-style-type: none"> <li>1. OTC: <ul style="list-style-type: none"> <li>• Can buy without a doctor’s order</li> <li>• Bought off the shelf in store</li> <li>• May be used by more than one person for the same symptom or problem</li> </ul> <span style="color: blue;">Show sample of empty container of this drug.</span> </li> <li>2. Prescription: <ul style="list-style-type: none"> <li>• Ordered by a doctor</li> <li>• Bought at a pharmacy</li> <li>• Order for and used by only one person</li> </ul> <span style="color: blue;">Show sample of empty container of this drug.</span> </li> </ol> <p><span style="color: blue;">Note:</span> Discuss characteristics of a pharmacy. Use pictures of pharmacy, pharmacist, prescription drugs. Could ask students if there are pharmacies in their countries and what they are like; then compare to U.S. pharmacies.</p>																

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	<p>3. How are over-the-counter and prescription drugs the <u>same</u>?</p> <ul style="list-style-type: none"> <li>• Directions must be followed carefully and correctly</li> <li>• All medicine can cause harm if you use too much of the medicine or use it incorrectly</li> <li>• Children should use only with permission of parent/guardian</li> <li>• Pharmacist can answer questions</li> </ul> <p><b>Reading Medicine Labels:</b></p> <ol style="list-style-type: none"> <li>1. Refer to handout: <b>Key Label Concepts</b>.             <ul style="list-style-type: none"> <li>• Pronounce each vocabulary word and have students repeat.</li> <li>• Using sample drug label, identify and define each vocabulary word.</li> </ul> </li> <li>2. Drug Facts: <b>distribute copies of medicine labels</b>  <u>Active Ingredients</u>: the parts of the medicine that make it work.              What does <i>Drug Facts</i> tell us about each active ingredient?             <ul style="list-style-type: none"> <li>○ Its <b>name</b></li> <li>○ <b>How much</b> is in each pill or teaspoon</li> <li>○ Its <b>purpose</b></li> <li>○ Its <b>uses</b>: problems it treats</li> </ul> <p style="text-align: center;"><b>Students should look at the Active Ingredients on their medicine labels and share with class.</b></p> </li> </ol> <p><u>Warnings</u>: tell you:</p> <ul style="list-style-type: none"> <li>○ When you shouldn't use the medicine</li> <li>○ When you should talk to your doctor first</li> <li>○ How the medicine might make you feel</li> <li>○ When you should stop using the medicine</li> <li>○ Things you shouldn't do while taking the medicine</li> </ul> <p style="text-align: center;"><b>Students should look at the Warnings on their medicine labels and share with class.</b></p> <p><u>Directions</u>: tell you how:</p> <ul style="list-style-type: none"> <li>○ Much medicine to use</li> <li>○ Often to use it</li> <li>○ Long you can use it</li> </ul> <p><u>Expiration Date</u>: date when medicine is no longer effective.</p> <p><b>Activity</b>: Using handout: <b>Read the Label Exercise</b> have students use an OTC or prescription medicine to answer the questions.</p> <ol style="list-style-type: none"> <li>3. Important Medicine Rules:             <ul style="list-style-type: none"> <li>▪ Never share your prescription medicine with someone else.</li> <li>▪ Never use someone else's prescription medicine.</li> <li>▪ With OTC medicine, always check the dose. The right dose for you may be different than for your friends or family members.</li> </ul> </li> </ol> <p><b>Comprehension √</b>: Using handouts: <b>Using Over-the-Counter and Prescription Drugs, Can You Read the Label</b> have students complete both handouts in class. Collect, review, and return.</p>
Assessment/ Evidence	<p>Students' oral responses</p> <p>Students' written responses on : <b>Using Over-the-Counter and Prescription Drugs, Can You Read the Label</b></p>

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Reflection	It was difficult for some lower level students to read and comprehend information on some medicine labels. Needed additional practice reading labels.
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# Key Label Concepts

drug facts: title

active ingredients: what the medicine contains and amount of each dosage

purpose: type of drug

uses: tells which illness the medicine treats

warnings: Tells you:

- when not to take the medicine
- possible side effects
- possible drug interactions
- precautions for pregnant women
- precautions for children and overdose

directions: amount, when, how, or how often to take

active ingredients: basic mixture of the medicine

drug interaction precautions: Tells you -

- to talk to your doctor before taking certain medicine
- to not take certain medicine if you already have a medical condition, such as heart disease or diabetes
- to not take certain medicine if you already take another medicine

expiration date: the date when the medicine is no longer effective. Do not take this medicine after the expiration date.

tamper resistant: safety measures, such as child-proof caps and safety seals

Name \_\_\_\_\_

Date \_\_\_\_\_

**Read the Label Exercise - Reading Comprehension**

**1. What problem does the medicine treat? In Example 2?**

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**2. How much of the medicine are you supposed to take in one day?**

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**3. How often are you supposed to take the medicine?**

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**4. Does medicine have any side effects? If so, what are they?**

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**5. What do the warnings say?**

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Name \_\_\_\_\_

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

doctor	directions
safety	
warnings	overdose
prescriptions	
tamper resistant feature	over-the-counter

Fill in the blanks with the correct word from above:

1. Before you take any medicine, make sure to check the \_\_\_\_\_.
2. The \_\_\_\_\_ on the label tells you how much medicine to take and how often to take it.
3. If you are pregnant, you should always read \_\_\_\_\_.
4. When you take too much of a medicine, it is called an \_\_\_\_\_.
5. Speak to your \_\_\_\_\_ before taking certain medicine.
6. When your doctor writes a \_\_\_\_\_ for medicine, it must be filled by the pharmacist.
7. An \_\_\_\_\_ medicine can be purchased off the shelf without a prescription.

# Can You Read the Label?



**Instructions:** Using an empty medicine bottle with label, practice reading the label. After reading the label several times, answer the following questions.

How often should you take the medicine? How many pills should you take?

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Does the medicine contain alcohol? \_\_\_\_\_

Does the medicine have a safety cap? \_\_\_\_\_

What type of illnesses/conditions does the medicine treat?  
(example: headache, fever, cough)

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What are the warnings?

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What is the expiration date? \_\_\_\_\_

# Sample Medicine Label



## Active ingredients (in each tablet):

Chlorpheniramine maleate 2mg

## Purpose:

antihistamine

Uses: temporarily relieves these symptoms due to hay fever or other upper respiratory allergies: \*sneezing \*runny nose \*itchy \*watery eyes \*itchy throat

Warnings: Ask a doctor before use if you have:\* glaucoma \*breathing problem such as emphysema

When using this product:

- you may get drowsy
- avoid alcoholic drinks
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children
- If pregnant or breast-feeding, ask your doctor before use.
- Keep out of reach of children
- In case of overdose, get medical help or contact Poison Control Center right away.

## Directions:

- **adult and children 12 years and over** - take 2 tablets every 4-6 hours; not more than 12 tablets in 24 hours.
- **children 5 years to under 12 years** - take 1 tablet every 4-6 hours; not more than 6 tablets in 24 hours.

**children under 6 years** - ask a doctor

Other Information: store at 20-25 °C (68-77°F) ; protect from excessive moisture

Inactive ingredients: D & C yellow no. 10, lactose, magnesium stearate, microcrystalline, cellulose



# Over-the-Counter and Prescription Medicines

How are they the **same**?

- Directions must be followed carefully and correctly.
- Children should use only with permission of a parent or guardian.
- Pharmacist can answer questions.

How are they **different**?

## Over-the-Counter

- Can buy without a doctor's order.
- Bought off the shelf in stores
- May be used by more than one.

## Prescription

- Ordered by a doctor.
- Bought at a pharmacy.

- Ordered for and used by only one person