



What I Have Learned

Activity 2-HealthL1

Complete the paragraph by writing the correct answers on the blank.

Consumer health education is the process of assisting you to acquire the 1.) _____ and understanding so that you will be able to make wise decision about certain health item. Consumer health has three components: 2.) _____, 3.) _____, 4.) _____. Health information is the data and fact you get from media and people including the professionals and agencies. Health products are items that we consume to improve our well-being, like medicines, food, clothes, furniture, etc. These products may be purchased from various places like 5.) _____, 6.) _____.

People acquire health information and products from various sources like 7.) _____, 8.) _____. It is important to identify the reliability of these sources. *Reliable sources* of health information and products are 9.) _____ who took up specialized and intensive studies in the field. We can also find reliable health information from 10.) _____, 11.) _____. Otherwise they can be unreliable health information product and services. People also avail of various health services from different providers. Health services are actions, procedures and programs we avail from various providers such as 12.) _____, 13.) _____, 14.) _____, 15.) _____, hospitals, clinics and the government.