

Chapter 13: Deciding to Follow Rules for Taking Medicine

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Do you know how to make decisions to follow safety rules when taking medicine for your oral health?



Read the Story:



Chapter QR Code

Chapter Objectives:

Learn how to make decisions to follow safety rules when taking medicine by first talking with your doctor, dentist, trusted adults, and other health professionals.



Chapter 13: Oral Health Literacy Post Test

Directions: Write the word on the blank line that you remember from reading the Chapter 13 story about oral health.

1. I believe that I can decide to _____ rules for taking my medicine, because it is a safe and healthy thing to do.

2. I decide to ask a trusted adult about the _____ of taking drugs without a medical or dental reason.

3. I decide to ask my _____ about rules for taking medicine.

4. I believe that taking medicine without asking an adult is a bad choice for me and an un_____ decision for my wellbeing.




Chapter 13: Oral Health Spelling


Directions: Read the word, pronunciation, and definition for each word at the top of this page. In the activity below, match the word to the definition by coloring them the same color.

Word	Pronunciation	Definition
Follow	fol-oh	Agreeing to do instructions that your dentist or doctor gave you.
Healthy	hel-thee	The way to describe good health.
Dangers	deyn-jer	Something that can cause you harm, injury, pain or loss.
Doctor	dok-ter	A person who helps you to care for your body and mind by giving you a medical check-up.

Fol_ow
 Follo_ →
 F_llow

Heal_hy
 He_lthy 
 Hea_thy

D_ngers
 Dan_ers 
 Dange_s

D_ctor
 Doc_or 
 Docto_



Chapter 13: Oral Health Vocabulary

Directions: Read all definitions and words. Then draw a line connecting the correct word to its matching definition.

Agreeing to do instructions that your dentist or doctor gave you.

Dangers

The way to describe good health.

Follow

Something that can cause you harm, injury, pain, or loss.

Doctor

A person who helps you to care for your body and mind by giving you a medical check-up.

Healthy



Doctor

Directions: Color the shirt of the Doctor who will keep us healthy.

