

Find Health Information

Skills: Type a web address, evaluate a web site

Materials: Internet access, Web Evaluation Form (page 163)

Activity 1: Think about how we get information about health issues.

Discuss the following questions:

- When you have a health concern, where do you go for advice?
- How do you know if someone's opinion is a good one?
- Have you ever gotten bad advice? What did you do?
- Have you changed your diet or lifestyle in the last five years? Why?
- What are ways to make sure you and your family stay healthy?
- What questions can you ask the doctor to help you understand your health?

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Activity 2:

1. Look at two websites with information about asthma.

- ◆ <http://kidshealth.org/>
- ◆ www.familydoctor.org

2. Fill out the Website Evaluation Form on page 163 to compare the two sites.

Note to Instructors

The idea for this lesson comes from the health literacy resource guide, *Family Health and Literacy: A Guide to Easy-to-Read Health Education Materials and Web Sites for Families*, by Julie McKinney & Sabrina Kurtz-Rossi.