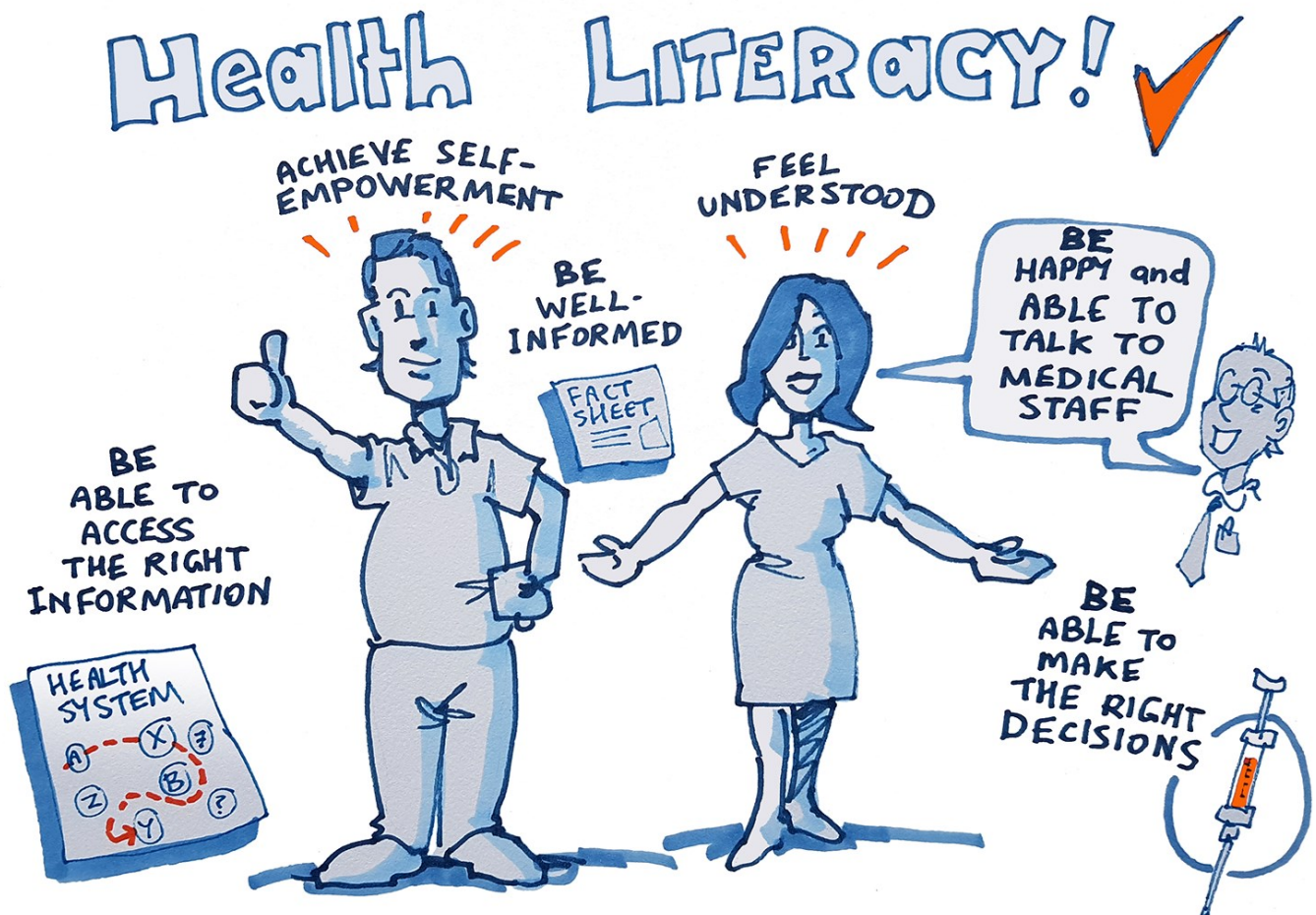




FLAGLER TECHNICAL COLLEGE

## FAMILY HEALTH LITERACY RESOURCE GUIDE

A COLLECTION OF RESOURCES ON PERSONAL AND FAMILY HEALTH





FLAGLER TECHNICAL COLLEGE



# GET CAREER-READY TODAY!

## English For Speakers Of Other Languages (ESOL) \$50/Semester

Improve English skills to prepare for employment and/or advanced academic training. This program is available for adults (age 16+ and not enrolled in high school) **whose first language is not English**. Students develop skills in reading, writing, and speaking. Topics include work-preparedness, general conversation, civics, and academic application.

Classes are offered at **Beginner**, **Intermediate**, and **Advanced** levels. Progressive levels of grammar structure, reading, writing, listening, and life skills are taught to help the non-English speaker to adjust to American life and prepare the student to enter the job market or explore continuing education.

**How To Get Started:** Simply contact Flagler Technical College via phone for more information or stop by our main campus during normal business hours to speak with a member of our admissions team. FTC Scholarship funding may be available for those who qualify.

Spanish: aprender ingles | Portugese: aprender inglês | Hatian Creole: aprann lang anglè

French: apprendre la langue anglaise | Ukranian: вивчити англійську мову | Chinese: 学习英语

Japanese: 英語を学ぶ | Vietnamese: học tiếng anh | Russian: изучать английский язык

German: Englisch lernen | Hungarian: angol nyelvet tanulni | Arabic: تعلم اللغة الانجليزية



FLAGLER TECHNICAL COLLEGE



# GET CAREER-READY TODAY!

**GED Preparation**  
**\$50/Semester - \$32/GED Sub-Test**

These courses are designed to prepare adults to successfully pass the complete battery of the GED subject area tests. After successfully passing all four subtests, the student earns a **Florida High School Diploma**.

FTC offers In-Person Classroom Learning experiences with a robust variety of resources to help students reach their goals. Virtual Classroom learning and Independent Learning are also offered with instructor permission.

*GED preparation courses are designed to assist students with preparing for each of the four subtest subjects: Reasoning through Language Arts, Social Studies, Science, and Mathematical Reasoning.*

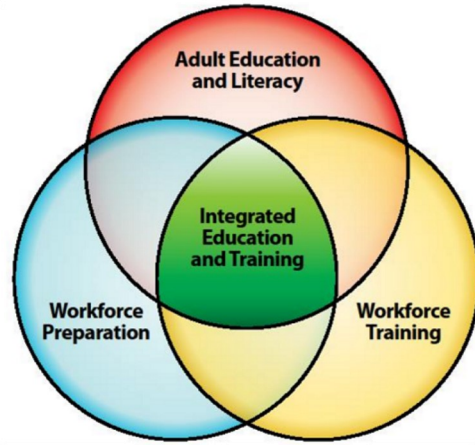
*NOTE: AGE REQUIREMENTS: Students 18 years or older may take the GED exam without pretest requirements. Students 16/17 years of age - According to the rules of the local school board, persons who are at least 16 years of age may be permitted to take the tests under extraordinary circumstances, Section 1003.435(4), F.S. However, 16/17 year old students (permitted to take the tests), must register at a qualified GED prep program, take and pass the online GED Practice Tests in order to schedule the GED exam.*







FLAGLER TECHNICAL COLLEGE



## Integrated Education & Training Programs

Obtain In-Demand Career Credentials while  
Preparing for the GED or Learning English with ESOL

Flagler Technical College offers students options to earn valuable in-demand career credentials while studying to challenge the GED and obtain a Florida High School Diploma or enhance English proficiency through ESOL classes.

Students may attend a variety of IET programs to work on their career training and adult general education goals simultaneously through a partially integrated learning model designed to help students better understand challenging content throughout their career training experience.

FTC offers Virtual-Classroom as well as In-Classroom Learning experiences for GED Prep and ESOL programs. CTE course times and offerings may vary.

**How To Get Started:** Contact Flagler Technical College at 386-447-4345 for more information or stop by our main campus and speak with a member of our admissions team. FTC Scholarship funding may be available for those who qualify.





# INFORMATIONAL SITES:

[www.flaglercounty.gov](http://www.flaglercounty.gov)

This website provides information on resources for Health, Dental, Mental Health, Child Care, Food Banks, Housing and much more for Flagler and parts of Volusia Counties

Just click on the Social Services Resources link on the home page.

[www.foodandhealth.com](http://www.foodandhealth.com)

This website provides information about Healthy eating and exercise, nutritious recipes and much more

[www.choosemyplate.gov](http://www.choosemyplate.gov)

This site is run by the U.S. Department of Agriculture. Some of the information you can find here: Healthy Eating, Life Stages, Recipes and Eating Healthy on a Budget

**Poison Control 1-800-222-1222**

You can call this number if you have concerns about anything you have come in contact with or ingested. This includes insect or snake bites. (Adults as well as children and pets)

[www.samhsa.gov](http://www.samhsa.gov)

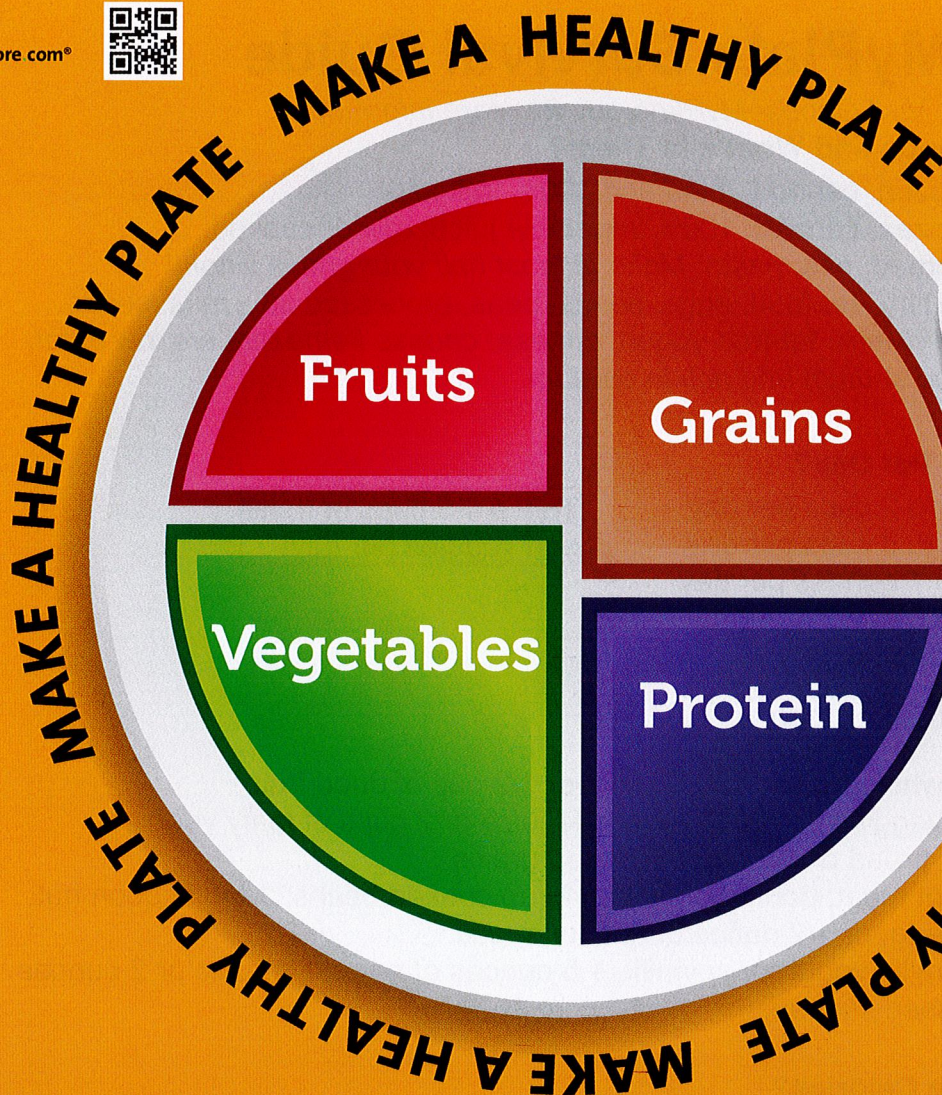
(Abuse and Mental Health Services Administration)

This site has many helpful categories of information including but not limited to help finding treatment for addictions and mental health services, current news on Coronavirus and National Health Issues

**Animal Poison Control 1-888-426-4435**

You can call this number toll free if you have any concerns about something a pet may have come in contact with or eaten (this includes snake or insect bites)





**Dairy**

**MAKE A HEALTHY PLATE**

## Vegetables

**Vary your veggies.**

Any vegetable or 100% vegetable juice counts as a member of the vegetable group.

Fill half your plate with fruits and vegetables.



## Fruits

**Focus on fruits.**

Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.

Fill half your plate with fruits and vegetables.



## Grains

**Make at least half your grains whole.**

Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.



## Protein

**Go lean with protein.**

Keep portion to 1/4 of the plate.

Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.



## Dairy

**Get your calcium-rich foods.**

Remember to choose skim milk or 1% milk.

Try nonfat yogurt.

Keep choices low in fat, sodium and sugar.





# MyPlate Survival Guide

Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information.

## What Are The Food Groups and What's In Them?

- Fruits** - Fresh, frozen, canned, dried and 100% fruit juice.
- Vegetables** - Fresh, frozen, canned, 100% vegetable juice; raw or cooked.
- Grains** - Cereal, bread, rice, pasta. *Make at least half your grains whole!*
- Protein** - Meat, poultry, seafood, eggs, beans, peas, processed soy, nuts, seeds.
- Dairy** - Skim or 1% milk, fat-free yogurt, cheese; *choose items that are low in fat, sugar and sodium and rich in calcium.*

## How Much Should I Eat Per Day?

- Fruits** - 1.5 to 2 cups per day
- Vegetables** - 2.5 to 3 cups per day
- Grains** - 5 to 7 ounces per day
- Protein** - 5 to 6 ounces per day
- Dairy** - 3 cups per day

That's 4-5 cups of fruits and veggies per day!

## What is a Serving?

- Fruits** - 1 cup of whole fruit or 100% juice, or 1/2 cup of dried fruit
- Vegetables** - 1 cup of veggies or 100% vegetable juice or 2 cups of leafy veggies
- Grains** - 1 slice of bread or 1/2 cup of cooked grains
- Protein** - 1 ounce of meat, poultry or fish; 1/4 cup cooked beans, 1 tablespoon nut butter, 1 egg, or 1/2 ounce of nuts or seeds
- Dairy** - 1 cup of milk, yogurt or soymilk, 1.5 ounces of natural cheese or 2 ounces of processed cheese.

## How Does MyPlate Save Calories?

A double cheeseburger and large fries has 940 calories. The plate isn't balanced -- there's too much meat and bread and the potatoes are fried; it barely fits on a plate. Order a small burger, side salad and apple slices. Now your plate is 1/2 fruits and vegetables, with 1/4 starch and 1/4 meat just like the MyPlate graphic. Your meal is now just 350 calories.

## Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

## Foods to Increase

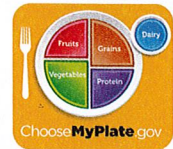
- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

## Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.



# Go Shopping With MyPlate



Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for your plan!

**Grains:** Make half your grains whole. Try to find 100% whole grains:

- \_\_\_\_\_ barley
- \_\_\_\_\_ bread, whole wheat
- \_\_\_\_\_ cereal, whole grain
- \_\_\_\_\_ crackers, whole grain
- \_\_\_\_\_ flour, whole grain
- \_\_\_\_\_ oatmeal
- \_\_\_\_\_ pasta, whole wheat
- \_\_\_\_\_ pita, whole wheat
- \_\_\_\_\_ popcorn, low-fat
- \_\_\_\_\_ rice, brown
- \_\_\_\_\_ shredded wheat
- \_\_\_\_\_ wheat germ

**Vegetables:** Choose from fresh, frozen and canned. Get a variety:

**Dark green:**

- \_\_\_\_\_ herbs \_\_\_\_\_
- \_\_\_\_\_ kale, collards, greens
- \_\_\_\_\_ lettuce, dark green
- \_\_\_\_\_ spinach

**Red and Orange:**

- \_\_\_\_\_ carrots
- \_\_\_\_\_ tomatoes, red peppers
- \_\_\_\_\_ sweet potatoes
- \_\_\_\_\_ winter squash, pumpkin

**Starchy:**

- \_\_\_\_\_ corn
- \_\_\_\_\_ frozen peas or lima beans
- \_\_\_\_\_ potatoes

**Dry beans and peas:**

- \_\_\_\_\_ canned beans
- \_\_\_\_\_ dried beans
- \_\_\_\_\_ dried peas and lentils

**Others:**

- \_\_\_\_\_ broccoli
- \_\_\_\_\_ cabbage
- \_\_\_\_\_ cauliflower
- \_\_\_\_\_ celery
- \_\_\_\_\_ cucumbers
- \_\_\_\_\_ eggplant
- \_\_\_\_\_ garlic
- \_\_\_\_\_ mushrooms
- \_\_\_\_\_ onions
- \_\_\_\_\_ peppers
- \_\_\_\_\_ zucchini, summer squash

**Fruits:** Whole fruit is the best choice. Choose from fresh, frozen, canned, dried and 100% juice:

- \_\_\_\_\_ apples
- \_\_\_\_\_ bananas
- \_\_\_\_\_ blueberries
- \_\_\_\_\_ cantaloupe
- \_\_\_\_\_ grapefruit
- \_\_\_\_\_ grapes
- \_\_\_\_\_ honeydew
- \_\_\_\_\_ kiwi
- \_\_\_\_\_ lemons/limes
- \_\_\_\_\_ oranges
- \_\_\_\_\_ orange juice
- \_\_\_\_\_ peaches
- \_\_\_\_\_ pears
- \_\_\_\_\_ pineapple
- \_\_\_\_\_ plums
- \_\_\_\_\_ raisins or other dried fruit
- \_\_\_\_\_ raspberries
- \_\_\_\_\_ strawberries
- \_\_\_\_\_ watermelon
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_

**Protein:** Choose lean and get a variety:

- \_\_\_\_\_ beans, dried or canned
- \_\_\_\_\_ beef, lean
- \_\_\_\_\_ black-eyed peas, frozen
- \_\_\_\_\_ chicken, breast meat
- \_\_\_\_\_ eggs or egg whites
- \_\_\_\_\_ fish
- \_\_\_\_\_ lentils
- \_\_\_\_\_ nuts
- \_\_\_\_\_ peanut butter
- \_\_\_\_\_ peas, dried
- \_\_\_\_\_ pork, lean
- \_\_\_\_\_ seafood
- \_\_\_\_\_ sesame seeds
- \_\_\_\_\_ sunflower seeds
- \_\_\_\_\_ tuna fish in water
- \_\_\_\_\_ turkey, breast
- \_\_\_\_\_ veggie burgers
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_

**Dairy:** Choose calcium-rich products that are skim or lowfat:


- \_\_\_\_\_ milk
- \_\_\_\_\_ yogurt
- \_\_\_\_\_ ricotta
- \_\_\_\_\_ plain yogurt
- \_\_\_\_\_ fortified soy milk
- \_\_\_\_\_ cheese
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_

**Miscellaneous:**

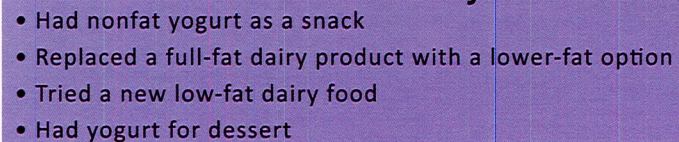
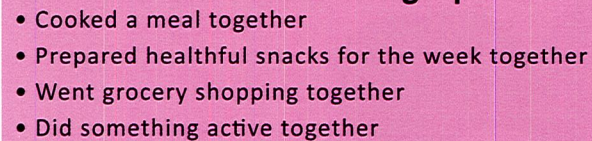
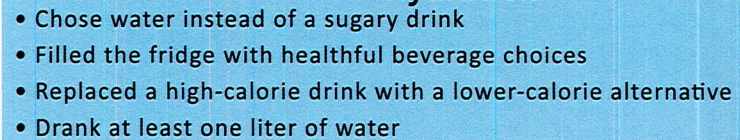
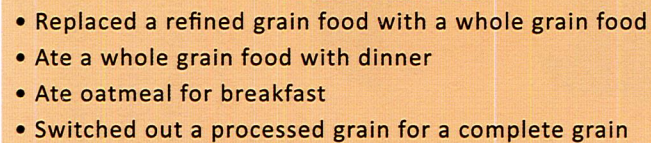
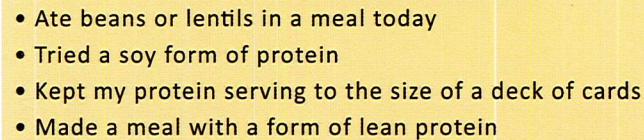
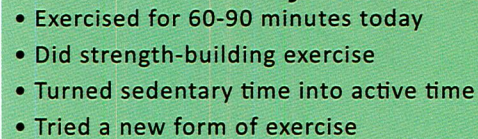
*Choose items that are low in saturated fat, trans fat, sodium and added sugar.*

- \_\_\_\_\_ baking powder and soda
- \_\_\_\_\_ chicken broth, low-sodium
- \_\_\_\_\_ cocoa powder
- \_\_\_\_\_ herbs, dried \_\_\_\_\_
- \_\_\_\_\_ jam, light
- \_\_\_\_\_ ketchup, no added salt
- \_\_\_\_\_ non-nutritive sweetener
- \_\_\_\_\_ reduced-calorie syrup
- \_\_\_\_\_ soy sauce, light
- \_\_\_\_\_ spices \_\_\_\_\_
- \_\_\_\_\_ tea
- \_\_\_\_\_ vanilla extract
- \_\_\_\_\_ vinegar
- \_\_\_\_\_ light margarine, no trans fat
- \_\_\_\_\_ mayonnaise, low-fat
- \_\_\_\_\_ nuts
- \_\_\_\_\_ oil, vegetable
- \_\_\_\_\_ salad dressing, low-fat
- \_\_\_\_\_ spray oil
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_
- \_\_\_\_\_ other: \_\_\_\_\_



**Write your name or initials each day, for every achievement.**   
**For every week with an achievement entered each day, give yourself a reward**

- Replaced an unhealthy snack with fresh fruit or vegetables
- Had fruit for dessert
- Filled half the plate with fruits and vegetables at each meal
- Tried a new fruit or vegetable







# HEART HEALTHY

Plan your menu for success!



## PICK A HEART HEALTHY PROTEIN

Fish, chicken, beans, eggs, nut butters, tofu, lean meat.



## PICK A VEGETABLE

Leafy greens, carrots, cabbage, brussels sprouts, asparagus, raddichio, tomatoes, pumpkin, squash, sweet potato.



## PICK A HIGH FIBER GRAIN

Whole grain pasta, quinoa, whole grain noodles, whole grain rice, corn



## PICK A FRUIT

Apples, oranges, grapes, passion fruit, bananas, apricots, berries, peaches, avocado, watermelon, kiwi fruit, pears, raisins.

INCLUDE DAIRY: skim milk, yogurt, cheese



nutrition [ucanhsstore.com](http://ucanhsstore.com)

	SUN	MON	TUES	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACK							



# DAILY FOOD DIARY

date: \_\_\_\_\_

	Breakfast	Lunch	Dinner	Snack	Snack
TIME:					
CALORIES/ POINTS					

FRUITS (cups)   VEGETABLES (cups)   

GRAINS (5-7 ounces)       

PROTEIN (5-6 ounces)      

CALCIUM (cups)    WATER (glasses)        

EXERCISE or WORKOUT   30 min. 30 min. MOVEMENT (cleaning, chores, or playing)     15 min. 15 min. 15 min. 15 min.

SCREEN TIME (hours)   

SLEEP (hours)        

LIMITED ITEMS with ADDED SUGARS   LIMITED ITEMS with ADDED FAT   

For more information visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to use myplate guidelines and supertracker to track calories.





# REWARD CHART



Congratulations for making a commitment to your health!

## The Benefits of Your Decision

There are tons of benefits to good health.

A balanced diet and exercise plan will reduce your risk of...

- Diabetes
- Heart disease
- Stroke
- Certain cancers
- Metabolic syndrome
- Obesity

At the same time, making healthful diet and exercise choices will provide the following benefits...

- Increased stamina
- Better sleep
- Improved mood
- Increased flexibility
- Stronger bones
- Higher energy levels

Congratulations on starting down the road to good health.

You can do it!

## Choosing Rewards

When it comes to choosing rewards for your achievements, it's important to choose options that will encourage your efforts. Skip food or drink rewards. Instead, try one of these options...

- Hand weights
- Resistance bands
- Yoga mat
- Swim goggles
- Running shoes
- Movie passes
- New cooking equipment
- Sharp knife
- Colorful cutting board
- Nonstick skillet
- Fresh herbs
- New spices
- New workout clothes
- iPod or other digital music device
- A deposit in a savings account for a vacation
- A trip to a museum or art exhibit

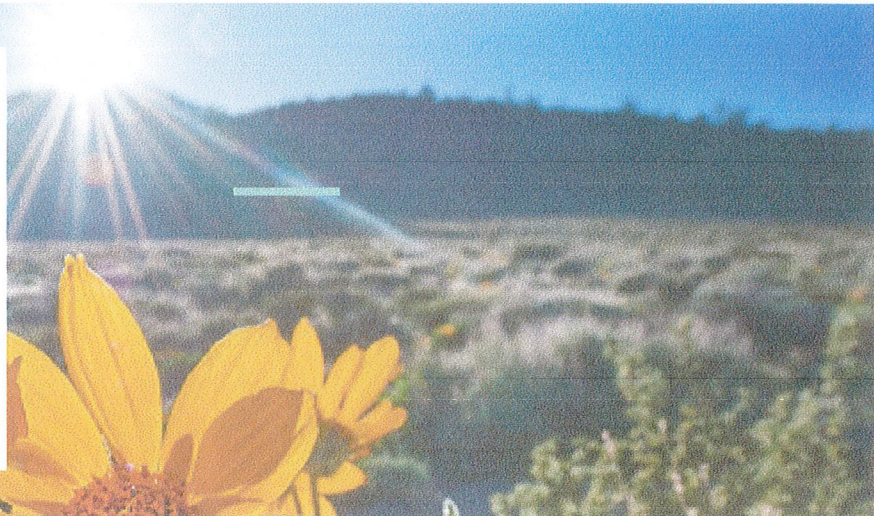




# 3 Strategies for Summer Exercise

## 1. Note the Heat

If you can, time your workouts for early mornings or late evenings, when the weather isn't quite so scorching. If that's not an option for you, consider where you'll be exercising. Find running routes on shaded paths, hikes near streams or rivers, etc.



## 2. Hydrate

"Drinking enough fluids is one of the most important things you can do to prevent heat illness," according to the CDC. When you're working out in the heat, it's key to drink enough water before, during, and after exercise.



## 3. Wear Sunscreen

Before you go outside, cover any exposed skin with sunscreen that has an SPF of 15 or higher, and which blocks UVA and UVB light. There's no need to increase your risk of skin cancer while you're improving your health.







# OVER-THE-COUNTER MEDICINE SAFETY

## UNDERSTANDING THE LABEL

The *Drug Facts* label helps you understand the medicines that you take and how to take them safely. All medicines should be taken with the direct supervision of a parent or trusted adult.



### ACTIVE INGREDIENTS

The ingredients in the medicine that make it work.



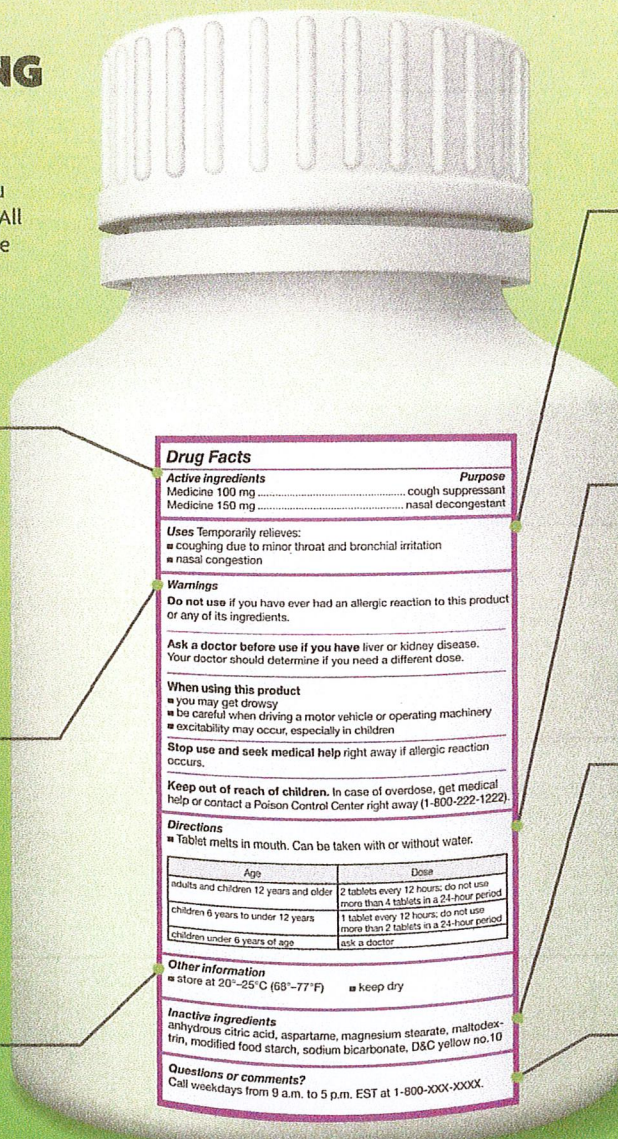
### WARNINGS

Safety information, including side effects, the questions you should ask a doctor before taking the medicine, and which medicines to avoid using at the same time.



### OTHER INFORMATION

How to store the medicine.



### USES

Describes the symptoms that the medicine treats.



### DIRECTIONS

Indicates the amount or dose of medicine to take, how often to take it, and how much you can take in one day.



### INACTIVE INGREDIENTS

Ingredients not intended to treat your symptoms (e.g., preservatives, flavorings).



### QUESTIONS OR COMMENTS?

Call the company if you have questions about a specific medicine.



This is not an actual Drug Facts label.

## MEASURE IT CORRECTLY

To get an exact measurement, it is important to only use the dosing device that is provided with the medicine. The *Drug Facts* label tells you how much medicine you should take based on your weight and/or age. Take only one medicine with the same kind of active ingredient at a time.



**FACT:** Household spoons come in various shapes and sizes, which means they hold different amounts of liquid.

## ASK FOR HELP

Always talk with a parent or trusted adult to learn more about the responsible use of all medicines. Other resources include doctors, nurses, and pharmacists as well as your local poison control center.

In 2018, America's poison control centers managed

**1.23 MILLION**

exposure cases involving children, teens, and adults. About half of these exposures involved various medicines.

**Poison Help**  
**1-800-222-1222**

### DID YOU KNOW?

Poison control centers are staffed with experts including doctors, nurses, and pharmacists who can help answer questions about medicines or can provide help over the phone if you come in contact with a poison. Calls are free and private.



STUDENT WORKSHEET 5

# Safe Medicine Storage

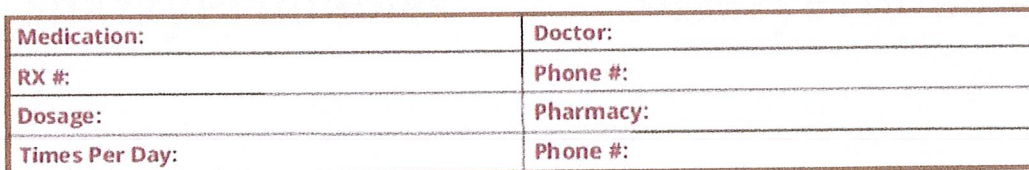
**Directions:** Circle the six medicine storage errors in this picture. On the back of this sheet, describe safe storage solutions for the medicines pictured below to help make this home safer.



ANSWERS: 1. bottle of cough medicine on the counter and a teaspoon with a trace of medicine visible and accessible inside kitchen sink; 2. medicine left out on the nightstand with dosage cup; 3. allergy medicine next to vase; 4. toiletry bag hanging low from door knob inside closet; 5. medicine bottles visible inside cabinet below kitchen sink; 6. open purse with multivitamin bottle sticking out of the top.

Test your knowledge of medicine safety: [ymiclassroom.com/video/jj-safestorage](http://ymiclassroom.com/video/jj-safestorage)

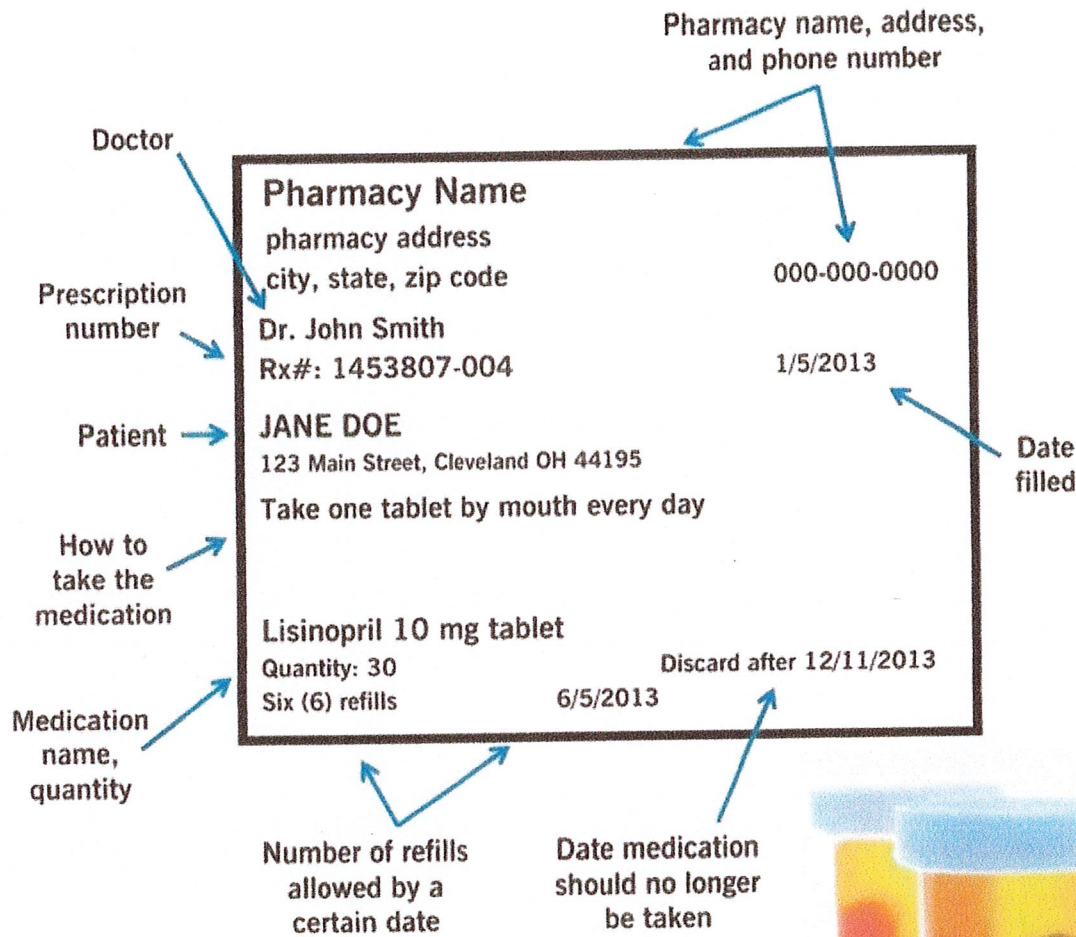


[illegible][illegible]

NOTES: \_\_\_\_\_



# How to Read a Prescription Medication Label



All prescription medication labels include the above information. Your prescription label may have a different format than the one shown. The prescription number (Rx#) is usually printed in the upper left hand corner of the pharmacy label. Become familiar with your prescription medication labels.





# Know Who to Ask

## WHO WOULD YOU CALL...

...if you had a treatment question or an inquiry about your OTC medicine, or you needed quick advice in the case of an emergency poisoning?

