CHAPTER IV

Be healthy, be happy.

I will learn
- to choose healthy and safe products
- to avoid harmful effects
- to get the best results

Observing & Questioning

Work in your group. Look closely at the label of Pinux and Sipalas. Use the given tables to identify the different kinds of information about the drugs available on the label.

For any available information, put 'Yes' in the 'Available?' column, then write the information in the corresponding cell. For any information that is not available, put 'No' in the 'Available?' column, then write 'Not available'.

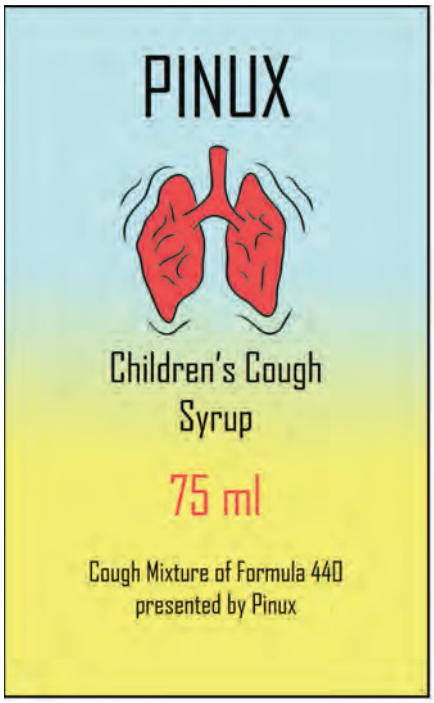
Hand-write your work on a piece of paper. Make sure you know the meaning of every word and spell it correctly. Use the punctuation marks correctly, too.

While you are writing, say the words loudly, clearly, and correctly.

Use a dictionary. If you have any problems, come to me.

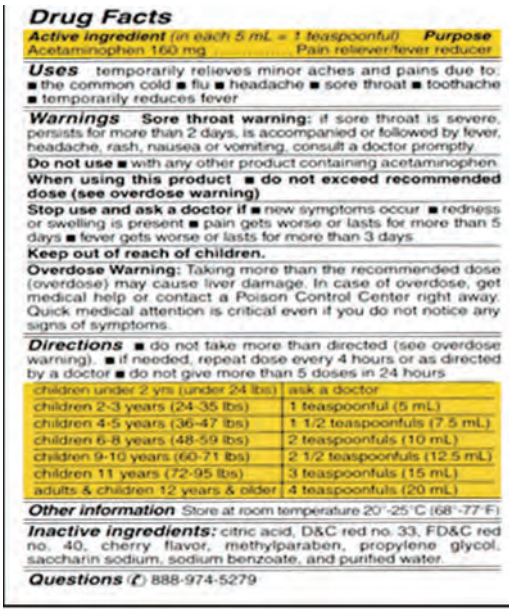
The analysis of the label of Pinux has been done for you as an example. First, copy the example.

Observing & Questioning



NO.	FACTS	AVAILABLE?	STATEMENTS
1	The drug	Yes	Children's cough syrup
2	Description	Yes	Cough mixture of formula 440
3	Content/Amount	Yes	75 ml
4	Use(s)	No	Not available.
5	Directions to use & dosage	Yes	Use medicine according to physician's instructions.
6	Directions to store	Yes	- Keep it in moderate temperature. - Keep away from children.
7	Expiration date	No	Not available.

Observing & Questioning



Drug Facts

Active ingredient (in each 5 mL = 1 teaspoonful) **Purpose**
Acetaminophen 160 mg ..... Pain reliever/fever reducer

Uses temporarily relieves minor aches and pains due to: ■ the common cold ■ flu ■ headache ■ sore throat ■ toothache ■ temporarily reduces fever

Warnings **Sore throat warning:** if sore throat is severe, persists for more than 2 days, is accompanied or followed by fever, headache, rash, nausea or vomiting, consult a doctor promptly.

Do not use ■ with any other product containing acetaminophen.

When using this product ■ **do not exceed recommended dose (see overdose warning)**

Stop use and ask a doctor if ■ new symptoms occur ■ redness or swelling is present ■ pain gets worse or lasts for more than 5 days ■ fever gets worse or lasts for more than 3 days

Keep out of reach of children.

Overdose Warning: Taking more than the recommended dose (overdose) may cause liver damage. In case of overdose, get medical help or contact a Poison Control Center right away. Quick medical attention is critical even if you do not notice any signs of symptoms.

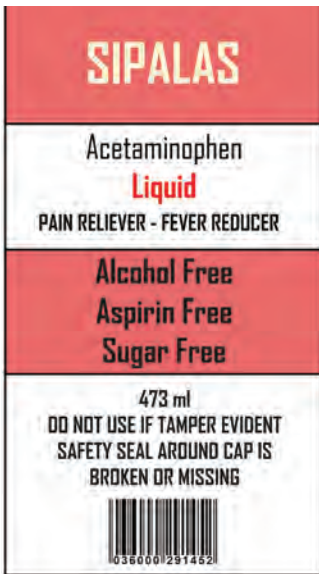
Directions ■ do not take more than directed (see overdose warning). ■ if needed, repeat dose every 4 hours or as directed by a doctor ■ do not give more than 5 doses in 24 hours

children under 2 yrs (under 24 lbs)	ask a doctor
children 2-3 years (24-35 lbs)	1 teaspoonful (5 mL)
children 4-5 years (36-47 lbs)	1 1/2 teaspoonfuls (7.5 mL)
children 6-8 years (48-59 lbs)	2 teaspoonfuls (10 mL)
children 9-10 years (60-71 lbs)	2 1/2 teaspoonfuls (12.5 mL)
children 11 years (72-95 lbs)	3 teaspoonfuls (15 mL)
adults & children 12 years & older	4 teaspoonfuls (20 mL)

Other information Store at room temperature 20°-25°C (68°-77°F)

Inactive ingredients: citric acid, D&C red no. 33, FD&C red no. 40, cherry flavor, methylparaben, propylene glycol, saccharin sodium, sodium benzoate, and purified water.

Questions ✆ 888-974-5279



SIPALAS

Acetaminophen
Liquid
PAIN RELIEVER - FEVER REDUCER

Alcohol Free
Aspirin Free
Sugar Free

473 ml
DO NOT USE IF TAMPER EVIDENT
SAFETY SEAL AROUND CAP IS
BROKEN OR MISSING

036000291452

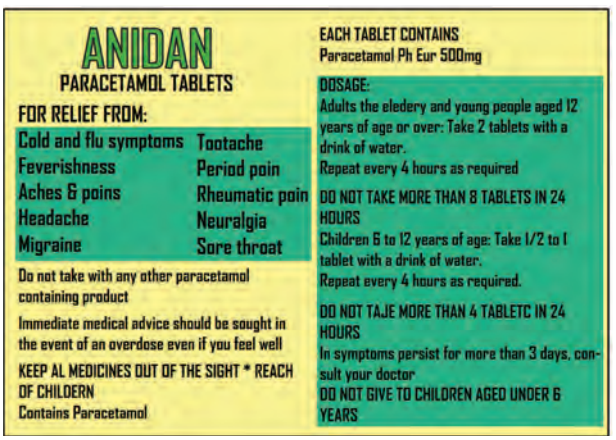
NO.	FACTS	AVAILABLE?	STATEMENTS
1	The drug	Yes	Acetaminophen Liquid
2	Description	Yes	1) Pain reliever 2) Fever reducer 3) Alcohol free 4) Aspirin free 5) Sugar free
3	Content/Amount		
4	Use(s)		
5	Directions to use & Dosage		
6	Directions to store		
7	Expiration date		

Observing & Questioning

Work in your group. Use the same table to identify the facts about Anidan and Sina-Spritz available on the labels.

Hand-write your work on a piece of paper. Make sure you know the meaning of every word and spell it correctly. Use the punctuation marks correctly, too.

Use a dictionary. If you have any problems, come to me.



ANIDAN

PARACETAMOL TABLETS

FOR RELIEF FROM:

Cold and flu symptoms	Tootache
Feverishness	Period poin
Aches & poins	Rheumatic poin
Headache	Neuralgia
Migraine	Sore throat

Do not take with any other paracetamol containing product

Immediate medical advice should be sought in the event of an overdose even if you feel well

KEEP AL MEDICINES OUT OF THE SIGHT * REACH OF CHILDERN

Contains Paracetamol

EACH TABLET CONTAINS

Paracetamol Ph Eur 500mg

DOSAGE:

Adults the eledery and young people aged 12 years of age or over: Take 2 tablets with a drink of water.

Repeat every 4 hours as required

DO NOT TAKE MORE THAN 8 TABLETS IN 24 HOURS

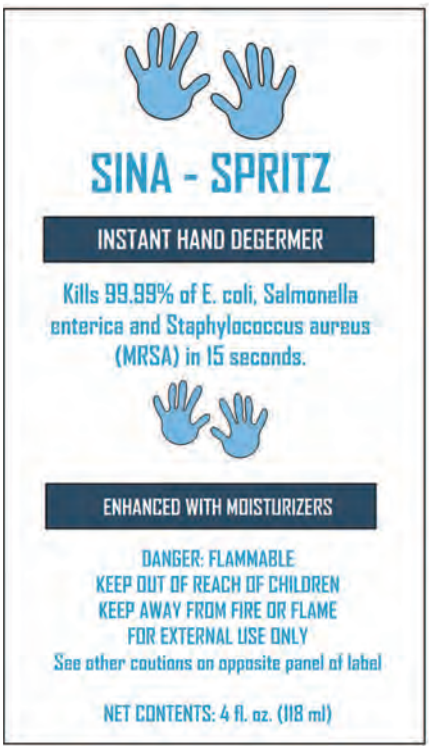
Children 6 to 12 years of age: Take 1/2 to 1 tablet with a drink of water.

Repeat every 4 hours as required.

DO NOT TAJE MORE THAN 4 TABLETC IN 24 HOURS

In symptoms persist for more than 3 days, consult your doctor

DO NOT GIVE TO CHILDREN AGED UNDER 6 YEARS



SINA - SPRITZ

INSTANT HAND DEGERMER

Kills 99.99% of E. coli, Salmonella enterica and Staphylococcus aureus (MRSA) in 15 seconds.

ENHANCED WITH MOISTURIZERS

DANGER: FLAMMABLE

KEEP OUT OF REACH OF CHILDREN

KEEP AWAY FROM FIRE OR FLAME

FOR EXTERNAL USE ONLY

See other coutions on opposite panel of label

NET CONTENTS: 4 fl. oz. (118 ml)

Observing & Questioning

A label is a written work and therefore uses the rules of written English. To present it *orally*, you certainly need to use the rules of spoken English.

Study how Edo and Siti present the analysis of the labels of Pinux and Sipalas orally in front of the class.

Look closely at the differences between the written version and the oral version to state the facts.

Then, in your group, practice presenting the information in the label orally. Say every word loudly, clearly, and correctly. First, repeat after me.

Observing & Questioning

The drug	**The drug** is children's cough syrup.
Description	**It is** cough mixture of formula 440.
Content/Amount	**The package contains** seventy mililitres of cough syrup.
Use(s)	**There is no information about the uses of the drug.**
Directions to use & Dosage	**These are the directions and the dosages to use the drug.** 1) Use medicine according to the physician's instructions. 2) There is no information about the dosage.
Directions to store	**These are the directions to store the drug.** 1) Keep it in moderate temperature. 2) Keep away from children.
Expiration date	**There is no information about the expiration date.**

Observing & Questioning

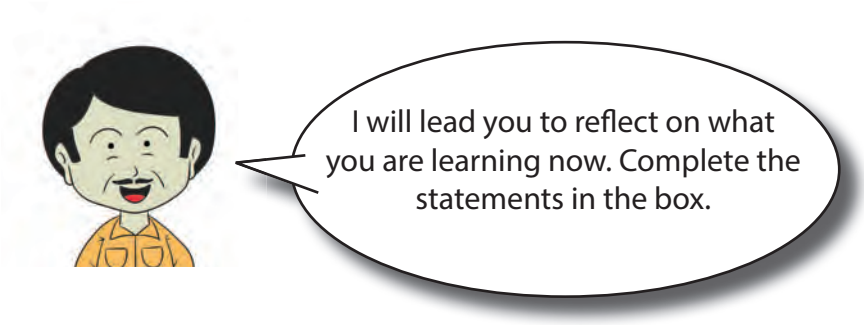
The drug	**The drug is** children's Acetaminophen Liquid.
Description	**It is** pain reliever, fever reducer, alcohol free, aspirin free, and sugar free.
Content/ Amount	**The package contains** four hundred and seventy three mililitres or one pint.
Use(s)	**The drug is used** to relieve minor aches and pains due to the common cold, flu, headache, sorethroat, and toothache. It also temporarily reduces fever.
Directions to use & Dosage	**These are the direction and the dosage to use the drug.** 1) Do not take more than directed (see overdose warning). 2) If needed, repeat dose every four hours or as directed by a doctor. 3) Do not give more than five doses in twenty four hours. 4) Children under two years (under twenty four pounds): one teaspoonful (five mililitres) 5) Children two to three years (twenty four to thirty five pounds): one and a half teaspoonful (seven and a half mililitres) 6) Children four to five years (thirty six to fourty seven pounds): two teaspoonful (ten mililitres)
Directions to store	**There is only one directions to store the drug.** 1) Keep out of reach of children.
Expiration date	**There is no information about the expiration date.**

Observing & Questioning

Here you will practise presenting the labels of Anidan and Sina-Spritz in front of the class. Use the presentation guide below to guide you to do the task. Say every word loudly, clearly, and correctly.

Facts	You start the statement about the facts by saying
The drug	The drug is ...
Description	The drug is ...
Content/Amount	The package contains ...
Use(s)	The drug is used to cure ...
Directions to use & Dosage	These are the direction and the dosage to use the drug: ...
Directions to store	These are the directions to store the drug: ...
Expiration date	The drug must not be used from ... (or) no date is available in the label.

Reflecting



Now I know that when we buy a medicine, it is very important to read the facts about the medicine on the label very carefully.

- On the label we know different kinds of information, such as ....
- I have learnt many new words, that is, ...

Associating

You have learnt to read the labels on drug packaging. Now, you will learn the labels on food/drink packaging.

Work in your group. Study the label of Kraton Tea and the analysis below.

Associating

You will focus your attention only on the following facts.

1. The name of the product
2. The description about the product
3. The content or amount of the product in the package
4. The ingredients of the product
5. The direction to use the product
6. The direction to store the product
7. The expiration date of the product

First, copy the example. Hand-write your sentences on a piece of paper. Make sure you know the meaning of every word and spell it correctly. Use the punctuation marks correctly, too.

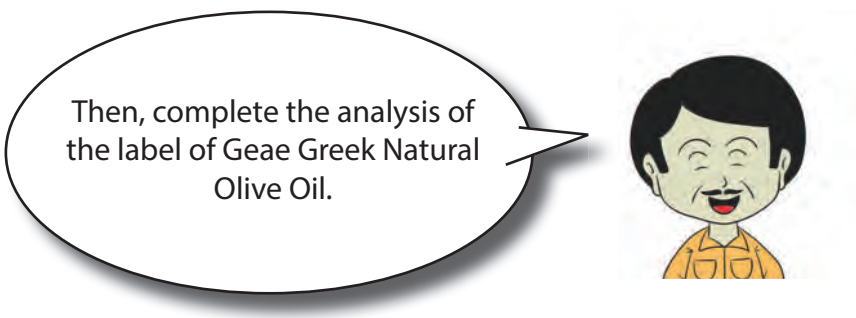
While you are writing, say the words loudly, clearly, and correctly.

Use a dictionary. If you have any problem, come to me.

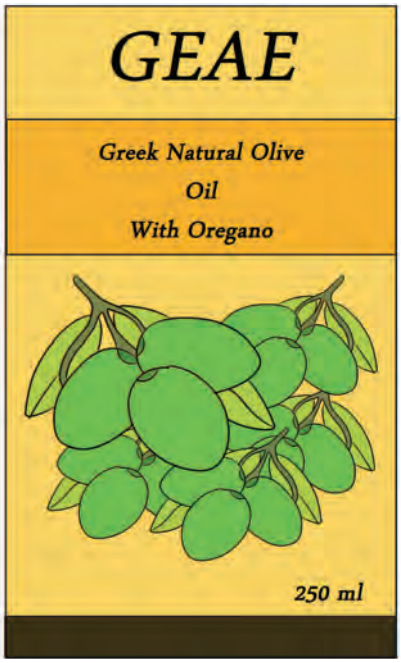
Associating

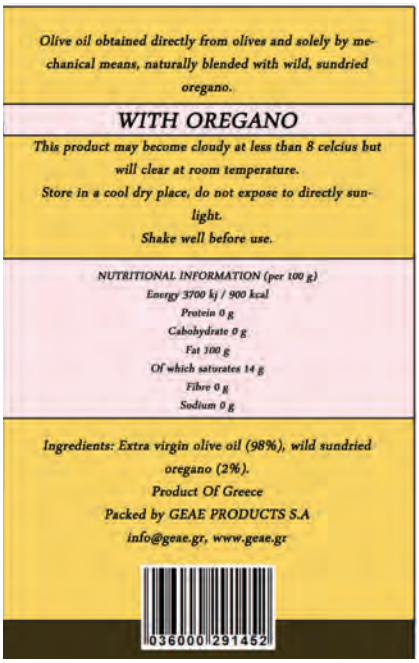
Kraton Tea

NO.	FACTS	STATEMENTS
1	***Name of the product***	*Kraton tea*
2	***Content/Amount***	*Net weight 60ml*
3	***Description***	*For the perfect cup of tea*
4	***Ingredients***	-
5	***Directions to use***	• *Use 1 bag per cup.* • *Pour fresh bubbling water over tea bag.* • *Steep for 3 to 5 minutes* • *and remove tea bag.*
6	***Directions to store***	*Not avaibale.*
7	***Expiration Date***	*Best before (no date available)*



Associating





Gaea Greek Natural Olive Oil

NO.	FACTS	STATEMENTS
1	Name of the product	Greek natural olive oil with oregano
2	Content/Amount	
3	Description	
4	Ingredients	
5	Directions to use	
6	Directions to store	
7	Expiration Date	

Associating

Work in your group. Here you will practise presenting the labels of Kraton Tea and Geae Greek Natural Olive Oil orally.

Use the presentation guide below to guide you to do the task. Say every word loudly, clearly, and correctly.

Presentation Guide

Facts	Start by saying
Name of the product	The name of the product is ...
Content/Amount	The package contains ...
Description	The package is ...
Ingredients	The product is made from ...
Directions to use	These are the direction and the dosage to use the product: ...
Directions to store	These are the directions to store the product: ...
Expiration date	The product must not be used from ... (or) no date is available in the label.

Associating

Work in your group. You will analyse the labels on the packaging of the three products below. Focus your attention only on the seven most important facts below.

1. The name of the product
2. The description about the product
3. The content or amount of the product in the package
4. The ingredients of the product
5. The direction to use the product
6. The direction to store the product
7. The expiration date of the product

Hand-write your work on a piece of paper. Make sure you know the meaning of every word, how to spell and say them. Use the punctuation marks correctly, too.

While you are writing, say the words loudly, clearly, and correctly.

Use a dictionary. If you have any problem, come to me.

Associating

STALLE'S BAKERY

Wheatgerm Bread Medium Sliced 800g

Ingredients: Wheat Flour, Water, Wheatgerm (11%), Yeast, Salt, Wheat Protein, Vinegar, Fermented Wheat Flour, Barley Flour, Soya Flour, Emulsifier: E472e (made from Vegetable Oils), Vegetable Fat, Barley Fibre, Flour Treatment Agent: Ascorbic Acid (Vitamin C).

Nutrition	Per 100g	Per Slice 25g
Energy	947kJ 224 kcal	237kJ 56 kcal
Carbohydrate	38.6g	9.7g
of which sugars	3.1g	0.8g
Fat	2.2g	0.5g
of which saturates	0.4g	0.1g
Fibre	5.3g	1.3g
Sodium	0.39g	0.10g
Equivalent as salt	0.96g	0.24

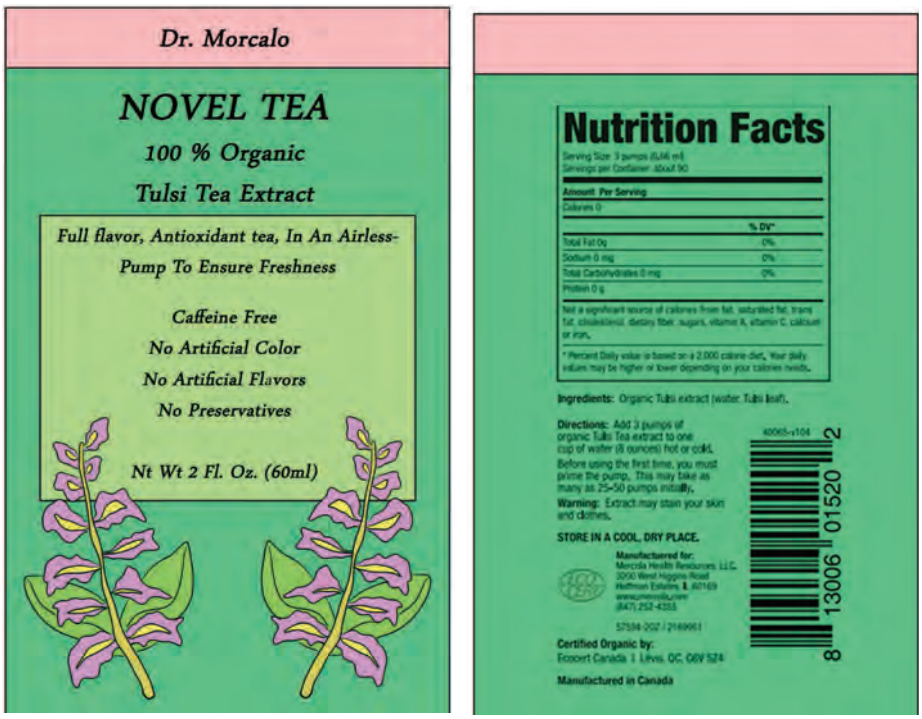
036000 291452

Use By:
19.10.13

Price £1.35

UNIT 56, TOOTSWWOOD INDUSTRIAL ESATE,

Associating



Associating

Here you will present *orally* the three labels you have just analysed.

Use the presentation guide you have used before to guide you to do the task. Say every word loudly, clearly, and correctly.

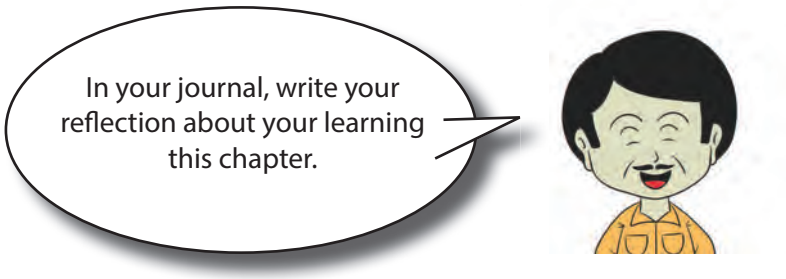
Communicating

It is a group project. Many drugs, foods and drinks available in the market in Indonesia, such as paracetamol, pain killers, instant noodle, coffee, tea, canned foods, canned fruits, have the packaging with a label containing facts written both in Bahasa Indonesia and English.

1. Go out and find at least two labels of foods and drinks.
2. Identify how each fact is stated in both languages, by using the analysis table.
3. Each one of you: practise presenting your findings orally in your group. Use the presentation guide to start stating each fact.
4. Present your analysis orally in front of the class.

Use a dictionary. Make sure you know the meaning of every word, how to spell and say them correctly.

Communicating



My Journal

I have just learnt to

_____

_____

_____

The activities I like most were

_____

_____

_____

The activities I found most difficult were

_____

_____

_____

What I need to do better is/are

_____

_____

_____