

Grade 8				
Ch. 7 Lesson 2				
The Human Body				
Page #	Question	Answer(s)	Links/Sources	Student Resources
251	It takes a while for the FDA to identify dangerous products, especially those imported into our country. How can you protect yourself from products like this toothpaste in the meantime?	*Sample answer: By buying products from companies you recognize and trust; by not believing everything you read or hear about in ads about products.		
251	Why is this kind of monitoring important?	To make sure that quality standards are consistently being met so that products purchased by the public are safe and reliable.		
251	How does one agency monitor all of these products to keep you safe?	By using a large staff of field inspectors and labs to constantly check products for safety.		
251	How does the FDA ensure that medications are safe?	By conducting extensive testing and analysis of every product sold.		
251	What process do you think each agency goes through to ensure that food and medicines are safe to consume?	By constantly monitoring products that are in stores and online by frequently sampling the products and rigorously testing them for safety.		
252	Why is it important to know the true capabilities of the FDA?	*Sample answer: They you will realize that some food and products may not be safe; you will be more careful about what you buy, use, and eat.		
252	What are some other examples of hard-to-resist health-care product claims?	*Sample answer: "Have clear skin in 5 days," "Makes wrinkles disappear fast!"		
252	Why do you think manufacturers of health-care products put these outrageous claims on product labels?	*Sample answer: They want you to buy their product. They rely on the fact that you won't find out their claims are not valid until after you've spent your money.		
252	Why is this not possible?	Because there is just too many products to check?		
252	How do such laws make these products safer?	Sample answer: Because the claims that they put on their products have to be true, including listing the ingredients used to make the product and list the possible negative effects of the products.		
252	How does this information help you?	It lets me know what is in the product that is actually helpful and what the product might actually be able to do.		
252	How can you use this information to make wise decisions?	It enables me to make an intelligent decision based on what the product can and can't do and whether or not to use the product.		
253	How can you use the data on a over-the-counter medication label?	Look for the active ingredient in the medication. Check reliable information on the active ingredient rather than believing what the packaging says.		
253	How easy will it be to find the information needed?	Important information about the medication will be clearly printed on the package label.		
253	How do prices of brand name and generic products compare?	Generally, generic products are less expensive than brand name products.		
254	Why is it important to know about dietary supplements?	*They are popular, but anything you might put in your mouth or on you skin might be harmful.		

254	Would these pills make you smarter? How do you know?	*Sample answer: No, they will won't. No pill can make you smarter.		
254	How should you use the warnings provided on the label of over-the-counter medications?	*Sample answer: I should carefully read the warnings to make sure the risks of using the medication do not outweigh the benefits.		
254	What are some steps you can take to become a wise consumer?	Sample answer: Read reports about over-the-counter medications; talk with your doctor or pharmacist about the product; read the label to find what the active ingredient is, what this ingredient can and can't do; compare prices of the same product to make sure you are getting the best price; buy only what you need.		
254	What kinds of complaints could be made about the product?	Whether or not the product did what it was supposed to, what side effects people experience when they use the product, how well a company stands behind its guarantee for the product.		
254	What kinds of safety concerns might people have about dietary supplements?	Sample answer: The quality of the ingredients, the amount of active ingredient in the supplement, which is often more than people need, what the possible side effects are associated with the supplement, possible allergic reaction to the product, interference the product might create with other prescribed or not prescribe medication that a person might be taking.		
254	What do you think is the major concern about these products?	Sample answer: They are often taken without consulting a doctor or pharmacist and may result in hurting one's health rather than helping it. Also there may be dangerous side effects or interactions with other medications a person taken which can cause serious reactions and sometime death.		
254	Why do you think the FDA and Health Canada do not have to approve dietary supplements?	Sample answer: Dietary supplements are classified as food products not medicines so they are not regulated by the strict standards that govern the sale of prescription and over-the-counter drugs. Also, the FDA does not have the authority to determine the safety before the dietary supplements reach the consumer.		
254	Is this wise?	No.		
255	What does this product claim to do?	*It claims to be a health product that purifies the blood.		
255	Is a product safe to use if the label doesn't have any warnings on it?	Not necessarily. It probably just means the product has not been tested.		
255	If a product is labeled "natural," is it more likely to be safe?	Natural ingredients can still interact with medications a person is taking.		
255	Do you think the FDA should have more control over dietary supplements?	Sample answer: Yes, because people do not realize that these supplements can cause medical problems or they may discourage people from going to a doctor to get the medication they actually need.		

255	Why do some people believe such claims and buy these products?	Sample answer: They want a quick and easy way to change something that can otherwise take a long time to change.		
255	Who has the responsibility for ensuring that a dietary supplement is safe for you to use?	Sample answer: You do. It is a person's responsibility to know as much as possible about a products safety by reading about the product and checking with their doctor or pharmacist.		
255	How does each agency make consumers aware of a danger in food or medications?	By informing people by publishing and posting warnings through TV news announcements, publishing the warnings in newspapers, magazine articles and other media announcements.		
255	Can you think of a recent problem with a food product?	Sample answer: Yes.		
255	How did you learn about it?	Sample answer: Through a local news announcement on TV and on an internet news site.		
255	What actions did your family take?	Sample answer: We looked though our cupboards to see if we had the product, we did not have any of the product.		
255	Because these agencies are unable to check the safety of many health products sold, what should consumers do to avoid ineffective or potentially dangerous health products?	Sample answer: Only buy products from well known, reputable companies, avoid buying any product that makes claims that see to good to be true, research reputable sources for information about the product, consult with knowledgeable medical professionals about the safety and effectiveness of the product.		
255	What steps can consumers take to ensure that products such as fruits and vegetables are safe and wholesome?	Sample answer: Wash all produce before preparing or consuming them and only buy produce from reputable sources.		
256	Why are chat rooms or blogs not good places to find reliable information?	*People in chat rooms and people who sponsor blogs may or may not have any expertise in the field they are speaking of.		
256	Why isn't someone's personal experience about a disease or condition reliable information?	*Because one person's experience does not necessarily apply to others.		
256	What determines which sites appear first in a search?	Sample answer: We don't know for sure, but possibly the sites with the most hits and/or sponsored ads. The words in a search that are tagged on the site also play a role.		
256	How reliable was the information you found on line?	*Answers will vary. Accept answers that reflect a good understanding of evaluating the reliability of an Internet source.		
256	How can you use these skills to find reliable information in the future?	*Sample answer: I can verify information on the Internet by finding at least two reliable sources.		
256	Can you think of any .com sites that might may be considered reliable?	Sample answer: A doctor's office.		
256	Can you think of an .edu site that may not be reliable?	Sample answer: A professor or student might use their .edu site for personal reasons that are not reliable.		

256	Where do you go to find information about health-related issues?	Sample answer: Medical professionals I trust, published information from reputable organizations, respected news information, from .edu and .gov internet resources.		
256	How would you phrase your questions during an online search?	Sample answer: Use specific keywords, use simple search terms, eliminate unhelpful words, and use quotation marks.	https://www.mindtools.com/pages/article/internet-searching.htm	
257	If that estimate is correct, how much will Americans spend this year on dietary supplements?	*The estimated sales for 2014 would be about 64.94 billion. Adjust this number for the current year if necessary.		
257	Why is it important to find information you can trust about health-care products?	*Using the wrong product could harm your health.		
257	Are the FDA and Health Canada trustworthy?	*Yes, but they cannot test every food and drug, so consumers have to be wise shoppers and not believe every product claim.		
257	How can you protect yourself from potentially harmful health-care products?	*Sample answer: Read the labels carefully for warnings. Remember that products that are not drugs, including dietary supplements, probably haven't been tested for safety or effectiveness. Question product claims, especially if they are too good to be true.		
* Means the answer is found in the TE.				