

Name/Title: Reading Labels on OTC Medicine

Purpose of Event: The purpose is to teach children the importance of reading the names of medicine, checking age appropriateness and what the medicine is used for over the counter medication.

Suggested Grade Level: 3-5

Materials Needed: Equipment or Supplies: You will need homemade “medicine containers” (Oatmeal boxes, dressing containers etc.). Each container will be labeled with a silly name and what age and uses it is intended for. You will also need a complimentary worksheet that matches the “silly medicine” with real life (over the counter/common) medicine.

[Medicine Form](#)

[Medicine Worksheet](#)

Description of Idea

Organization: Class will begin with a brief introduction and directions from the teacher. Then the students will wander the room to fill in the [worksheet](#). Whether they work alone, in pairs or in groups is up to their own discretion. They will return to their seat when they are done filling in the blanks on the worksheet.

Procedures: The teacher will begin class by asking the students “How do you know it is okay to take a certain kind of medicine? I’m not talking about the medicine that your doctor gives you. I am talking about the medicine that you can find in your cabinets at home” (Be sure to make it clear that you aren’t talking about medicine that the doctor prescribes/gives them). The teacher will take a couple answers and then will say: “The medicine that we can find in our homes is typically over the counter medicine. That means that you don’t have to have a doctor tell you to take it. We take over the counter medicine for the common health problems like a stuffy nose or a cough.

Boys and girls we NEVER take medicine without a parents permission but there are some important things that we and our parents need to be sure of before we take the medicine and that is what the medicine is used for and what age it is appropriate for. Both of these are labeled on the medicine containers. We always look for the large title on the front of the bottle and if we turn the bottle to the back the uses and age appropriateness are labeled”. The teacher will then refer to the worksheet. “Today we are going to do an activity where we practice reading the title, uses, and age appropriateness on medicine bottles. I have made up some silly names for our in-class medicine. You are going to take your worksheet and pencil around the classroom and fill in the blanks on the worksheet. Some of the blanks you need to fill in the title and other blanks you will need to fill in the uses and age. After you have filled in all the blanks, return to your seats and draw lines to the matching “real-life” medicine pictures. You will know if the silly-medicine matches the “real-life” medicine based on the age and use. Ready. Set. Go.”

After the students have finished the teacher may go over the worksheet as a class or collect the papers to grade at a later time.

[Image of Jars](#)

Assessment Ideas:

You can assess the students through their activity sheet that they complete throughout the activity.

A short response journal question or class discussion could be used at the end of the lesson to assess this.

Submitted by **Meagan Boozer** in Charlotte, NC. Thanks for contributing to PE Central! **Posted on PEC: 10/24/2013.**

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