

**Section 1-4** ***Note Taking Guide***

***Being a Wise Health Consumer*** (pp. 18–24)

**Making Healthy Consumer Choices**

1. List four factors you should consider before you buy a product.
  - a. safety \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_

**The Effects of Advertising**

2. Complete the table about advertising methods.

Method	Message
a. _____ _____	Scientific tests prove the product is effective.
b. _____ _____	Everyone is using the product. You should, too.
c. _____ _____	The product is effective because trustworthy people recommend it.
d. _____ _____	The product is more effective than others.
e. _____ _____	The product is safest for you and your family.
f. _____ _____	The product gives you more for your money.

### Section 1-4: Note Taking Guide (continued)

#### Health Fraud

3. List four warning signs of quackery.
  - a. Someone claims that a product or treatment is the only possible cure for a health problem.
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_

#### Your Rights as a Consumer

4. Complete the flowchart with the main steps in the process of making an effective complaint. Use the sentences from the box below.

Identify the person in charge.    Collect documents.  
Decide on your goal.            Identify the problem.

#### Making an Effective Complaint

