

Health

Quarter 4 – Module 9: Ways to Protect Oneself from Fraudulent Health Products



Health – Grade 6
Alternative Delivery Mode
Quarter 4 – Module 9: Ways to Protect Oneself from Fraudulent Health Products
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Development Team of the Module

Author: Mary Lutz P. Panizales

Editor: Elsie P. Serafico, PhD

Reviewer: Ma. Lennie F. Pamposa, PhD, Elsie P. Serafico, John Mark Q. Apellado

Illustrator: Zoila Mae M. Panes and Riza E. Celebrado

Layout Artist: Catherine P. Padrones, Jefferson D. Uy

Management Team: Ma. Gemma M. Ledesma

Elena P. Gonzaga, EdD

Donald T. Genine

Ma. Nilma E. Casamayor

Dexter P. Diergos

Engr. Winifred S. Panes

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Department of Education – Region VI

Office Address: Duran Street, Iloilo City, 5000
Telephone Nos.: (033) 509-7653; (033) 336-2816
E-mail Address: region6@deped.gov.ph
Website: region6.deped.gov.ph

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Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

This module was designed and written with you in mind. It is here to discuss ways to protect oneself from fraudulent health products

The module consists of one lesson only.

- Lesson 1 – Ways to Protect Oneself from Fraudulent Health Products

After going through this module, you are expected to, discuss ways to protect oneself from fraudulent health products (**MELC, H6CH-IVij-23**).



What I Know

Direction: Write True if the statement shows ways on how to protect oneself against fraudulent health products and False if it is not. Write your answer on a sheet of paper.

- _____ 1. Don't easily believe on personal testimonials.
- _____ 2. Check with your doctor before taking any health products.
- _____ 3. Choose products that claims to cure variety of diseases.
- _____ 4. Be vigilant about deceptive products.
- _____ 5. Buy health products that promises money back guarantee.
- _____ 6. Don't fall for products that claims all natural or organic.
- _____ 7. Believe that new discovered health products are effective.
- _____ 8. Purchase products that promise easy weight loss.
- _____ 9. Validate legitimate information about products before buying them.
- _____ 10. Buy products that suggests quick relief or quick cure.

Lesson 1

Ways to Protect Oneself from Fraudulent Health Products

As consumer we must all be aware and vigilant of the products we buy. We should protect ourselves against fraudulent products.



What's In

Activity 1: Let's Review

Directions: Write ✓ if the following situations practice good decision-making skills in the selection of health products and X if it does not. Write the answer on a sheet of paper.



1. Den gathers valid and reliable information about the product she wants to buy.



2. Anne checks the nutritional value of the products before buying it.



3. Before buying a certain product, Mary analyses the quality if it's worth the price.



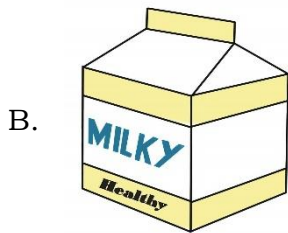
4. Khan checks the expiration date of the product he is going to buy.



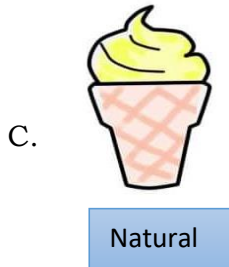
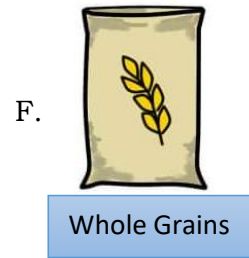
5. Nathan immediately buys a certain goods over-the-counter medicine without reading the information.

Activity 2: FRAUD DETECTIVE

Directions: Identify fraudulent products that has a deceptive label. Write the letter only of the correct answer on a sheet of paper.



Which Product has a deceptive label?





What's New

Activity 1: Poem Analysis

Direction: 1. Read and understand poem about fraudulent products.

Fake or Real?

Written by: Mary Lutz P. Panizales

Mirror, mirror on the wall
Spare me from being a fool
Let me not be deceive by false story
Of beauty, of vanity.

Mirror, mirror on the wall
What is fake and what is real?
Advertisements here and there
Promises things I want to hear.

Mirror, mirror on the wall
Fake products scattered everywhere
Guarantee fast result to cure
But is not proven safe and effective

Mirror, mirror on the wall
Teach me to become aware
I must protect myself against fake products
For my health is wealth.

2. Fill-in the blanks to complete the message of the poem. Choose your answer from the words inside the box. Write your answer in a sheet of paper.

Message: Buy health products that are 1 . Do not be deceived by its 2 and fast results unless proven 3 and effective. Remember, 4 products can do 5 to your health.

harm

real

fake

safe

nice



What is It

Activity 1: Let's Learn More

Directions: Read the discussion of Nathan and Mary regarding fraudulent health products and be ready to answer the following questions. Write the answer on a sheet of paper.

1. What are fraudulent products? Give examples.
2. Can you give 3 tips on how to identify fake health products?
3. Why is it important to know fraudulent health products?
4. How do consumers protect themselves from fraudulent health products?

What are Fraudulent products? How could one be protected from this kind of products? A health product is considered fraudulent if it is promoted to cure or treat a disease but not proven safe and effective scientifically.



Fraudulent health products claim to cure, prevent, or treat illnesses or other health conditions, but are not proven effective and safe. It is a waste of money and can lead to delays in getting proper and appropriate diagnosis. They can also cause serious or even fatal injuries and adverse reactions.



The best way to protect oneself from fraudulent health products is awareness and vigilance. We must also know how and where to seek help when it comes to valid and reliable information about health products. Check with your doctor or other medical professionals before taking any health products.



The following are tips on how to spot or identify fraud products:

1. One product cure it all
2. Personal Testimonial's
3. Quick Result
4. All Natural
5. Time-tested
6. New-Found Cure
7. Money-back Guarantee
8. Limited only products
9. Promises of easy and rapid weight loss



1. One product cure it all

Be vigilant and suspicious of products that claims to cure a variety of unrelated diseases, particularly like serious diseases, like cancer and diabetes. No product can cure every disease and health condition, especially for many serious diseases, only therapies to help manage them.



2. Personal Testimonial's

Testimonials are personal cases of histories that have been passed on from person to another.



3. Quick Result

It suggests that a product can bring quick relief or quick result. When the product says that it can cure "in days" note that it can really refer to any length of time.

Example: "Cough Syrup, relieve cough in just one dose"



4. All Natural

“All natural” suggests that the products do not contain artificial ingredients. It’s often used in health fraud to catch attention of consumers. It suggests a product is safer than conventional treatments.

Example: “Naturally Sweetened, no preservatives added”



But the term “natural” doesn’t necessarily mean it is safe because some plants for examples, poisonous mushrooms can kill when swallowed.



5. Time-tested

This suggests that the products effectiveness and safety has been proved over a long period of time but they are that scientifically proven to be safe to use and may carry risk.

Example, “Whitening soap, lighten skin in 7 days”.



6. New-Found Cure

This kind of product claims of an “innovation,” or “new discovery”. This only shows that this kind of product are not yet been tested and proven to be effective because they are new.



7. Money-back Guarantee

Money back guarantee also known as a satisfaction guarantee means a refund will be made if the buyer or consumer is not satisfied with the product. Marketers for fraudulent products rarely stay in the same place for long that is why consumers won't be able to find them and get their money back.



8. Limited Only Product

The marketers recommend that the consumer should pay in advance because the product is limited only. The consumers will pay and buy immediately because they are afraid that the product will be out of stock.

Example: "Hurry! While stock last"



9. Promises of easy and rapid weight loss

This kind of products promises that you can lose weight fast without dieting or exercise. Note that there is only one way to lose weight. Eat less food and increase activity.

Example: "Slimming Tea, loss weight in as early as 5 days"



The underlying rule when deciding whether a product is real or not is to ask yourself: "Does it sound too good to be true?" If it does, it probably isn't true. If still not sure, find out valid information about products before you buy them.



To whom should one seek help and ask information to avoid fraud?



One can always consult a medical professional with questions about different health products.

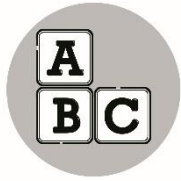


Check with your doctor or other health professionals before taking any health products.



Remember, the best way to protect oneself from fraudulent health products are awareness and vigilance. Also knowing how and where to seek help when it comes to valid and reliable information about the product.





What's More

Activity 1: PROTECT FROM FRAUD

Direction: Complete the table with the correct details. Do this on a sheet of paper.

| Name of Product: | What makes it fraudulent? | How to protect consumers from fraud? |
|--------------------------|---------------------------|--|
| Example: Orange juice | "All Naturals" | Be aware of product label/read nutrition facts |
| 1. | | |
| 2. | | |
| 3. | | |
| 4. | | |
| 5. | | |

Activity 2: DECEPTIVE

Directions: Read and understand the meaning of the acronym “DECEPTIVE” to discover some more ways on how to protect ourselves from fake health products. What for you is the best way?

Ways to Protect Oneself from Deceptive Products

Written by: Mary Lutz P. Panizales

- D** Don't fall for promises of propaganda.
- E** Expect nothing from money-back guarantee promises.
- C** Consult a medical professional with questions about different health products.
- E** Explore reliable and valid information before buying the product.
- P** Personal testimonials are considered health fraud because they are difficult to prove.
- T** The underlying rule when deciding whether a product is real or not is to ask yourself: “Does it sound too good to be true?” If it does, it probably
- I** Identify deceptive labels of products.
- V** Value your money by not patronizing deceptive fraud products.
- E** Evaluate the products before buying them.



What I Have Learned

Activity: SENTENCE COMPLETION

Directions: Complete the sentence by writing the correct way on how to protect ourselves from fraudulent health products. Write the answer on a sheet of paper.

1. Find out the validity of the product before _____.
2. To avoid complications, consult medical professionals about _____.
3. Never believe on easy and rapid change when using a certain health product unless _____.
4. Be watchful of the products that include information to _____.
5. The phrase “all natural” is often used in health products to catch _____.



What I Can Do

Mary and Melissa went to the supermarket to buy some stuff.
Can you help them spot *Fraudulent products*?



Activity: Spot It

Directions: Identify the number of the picture that shows fraudulent products. Write your answer in a sheet of paper

1.



4.



Naturally
Sweetened

3.



2.



Fruits

5.





Assessment

Directions: Write **Agree** if the statement shows ways on how to protect oneself against fraudulent health products and **Disagree** if it is not. Write your answer in a sheet of paper.

- _____ 1. Personal testimonials about health products are reliable.
- _____ 2. Be aware of products that claim limited quantities.
- _____ 3. Consult medical professionals before buying health products.
- _____ 4. Time-tested products are effective.
- _____ 5. Be aware of products that claim fast results.
- _____ 6. Consumers and patients evaluate the products before patronizing it.
- _____ 7. Buy any products that claim all naturals.
- _____ 8. Be vigilant and suspicious of products that claims to cure a variety of unrelated diseases.
- _____ 9. Don't fall for promises like money back guarantees.
- _____ 10. The best way to protect oneself from fraudulent health products are awareness and vigilance.



Additional Activity

Activity: ESSAY

Direction: Read and answer on a sheet of paper.

“Why is it important to become an informed consumer about fraudulent product?”



Answer Key

| | | |
|---|---|--|
| <p style="text-align: center;">Assessment</p> <p>1. Disagree 2. Agree 3. Agree 4. Disagree 5. Agree 6. Agree 7. Disagree 8. Agree 9. Agree 10. Agree</p> <p style="text-align: center;">Additional Activities</p> <p style="text-align: center;">Answer may vary.</p> | <p style="text-align: center;">What's More</p> <p>Activity 1: Answer may vary</p> <p>Activity 2: Answer may vary</p> <p style="text-align: center;">What is It</p> <p>Activity 1: Answer may vary.</p> <p style="text-align: center;">What I Have Learned</p> <p>Answer may vary.</p> <p style="text-align: center;">What Can I Do</p> <p>Activity: Spot It</p> <p>Number 1, 3, 4 and 5</p> | <p style="text-align: center;">What I Know</p> <p>1. True 2. True 3. False 4. True 5. False 6. True 7. False 8. False 9. True 10. False</p> <p style="text-align: center;">What's In</p> <p>Activity 1: 1. ✓ 2. ✓ 3. ✓ 4. ✓ 5. X</p> <p>Activity 2: A, B, C, D, E, F and G</p> <p style="text-align: center;">What's New</p> <p>Activity 2: 1. real 2. nice 3. safe 4. fake 5. harm</p> |
|---|---|--|

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For inquiries or feedback, please write or call:

Department of Education – Bureau of Learning Resources (DepEd- BLR)

Office Address: Ground Floor, Bonifacio Building, DepEd Complex
Meralco Avenue, Pasig City, Philippines 1600

Telefax: (02) 634-1072 or 634-1054; 631-4985

E-mail Address: blr.lrqad@deped.gov.ph * blr.lrpd@deped.gov.ph