

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**BLM 13-5**

## Acid Reflux

Research acid reflux and what people can do to avoid it.

- Explore web sites
- Find information to answer the following questions.

**1. a)** What causes acid reflux?

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**b)** What are the best ways to prevent acid reflux? Use point-form notes.

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**c)** Circle the top five ways in your opinion.

**2.** Use your notes to help you make a poster that promotes ways teens can reduce acid reflux. Check off each tip as you use it.

- ☐ Give the poster a title.
- ☐ Use pictures and colour to get people's attention.
- ☐ Use few words.
- ☐ Combine pictures and words to give your message.