Grade 5 Sample Lesson Plan: Unit 3 – Tobacco Yucks

SOLs

- 5.1.L Analyze the effects alcohol, tobacco, inhalant, and other drug use on relationship with family, peers, and other individuals.
- 5.3.E Encourage others not use alcohol, tobacco, or other drugs.

Objectives/Goals

- The student will be able to...
  - list and describe the negative side effects of tobacco use on the human body
  - illustrate the short- and long-term effects of tobacco use by drawing a character depicting the results of use
  - encourage others to avoid tobacco use

Materials

- Poster paper per student or per 2 students
- Coloring supplies
- Tobacco Yucks Slides/Presentation
- Speakers
- Tobacco Yucks Notes

Procedure

- Ask the students “What’s so ‘yucky’ about tobacco?” Guide them in the direction on the negative side effects on the body.
- Slide 2 Show them the “Myth or Fact” video on YouTube.
- Ask the students if they believed any of the myths?
- Slide 3 Before viewing each of the three videos ask them:
  - What makes someone healthy or unhealthy? Does smoking cause a person to be more or less healthy?
  - What happens to the lungs when someone smokes? Where does the smoke go when someone inhales smoke from a cigarette? What chemical causes most of the dark coloration inside the body?
  - ***WARNING*** the LUNGS video could be considered graphic in nature as it shows pigs lungs affected by smoke. Please view the videos prior to class to determine if it is age/maturity level appropriate.
• What is addiction? What can you be addicted to that isn't illegal?
• Slide 4 Discuss some of the major side effects of using tobacco. As you go through the list have students take notes on the "Tobacco Yucks Notes" page.
• Explain that some of the negative side effects come more from smoking/chewing tobacco. Ask why they think that is? Example: Chewing tobacco soaks through the mouth and gums and may affect that area more than just smoking. Or smoking a cigarette may be bad for you lungs because of inhaling the actual chemical filled smoke.
• Slide 5 Go through the pictures of effects on the body from smoking/chewing tobacco.
• ***WARNING*** again this may be too graphic for some students and age levels. View them prior to class and use what will aid in understanding.
• Slide 6 and Slide 7 “Tobacco Yucks Project”
• Explain that they will depict the negative side effects of tobacco by drawing a character and listing what happens to the body.
• They should include a title or name, a description of what happens, and make it neat.

References

• YouTube; 5 Smoking Effects on the Body Facts vs Myths [https://youtu.be/X0-mPM50TWE](https://youtu.be/X0-mPM50TWE)
• YouTube; Smoking and its effects on Health! [https://youtu.be/lW6hwmdZbmE](https://youtu.be/lW6hwmdZbmE)
• YouTube; The DeNoble Files: Earmuffs [https://youtu.be/uFX9F-KD7co](https://youtu.be/uFX9F-KD7co)
• Stacy Adams, Shaler Area Elementary School

Handout
The next page includes a handout for the lesson. The handout is designed for print use only.
TOBACCO YUCKS – EFFECTS ON THE BODY

Directions: Complete the blanks below with the negative side effects on the body from tobacco use.

1. BRAIN – addiction

2. HAIR –

3. EYES –

4. EARS –

5. MOUTH –

6. TEETH –

7. THROAT –

8. SKIN –

9. MUSCLES –

10. BLOOD VESSELS –

11. LUNGS –

12. HEART –

13. FINGERS –

14. STOMACH –
**TOBACCO YUCKS - EFFECTS ON THE BODY**

Directions: In your small group, create a drawing of a person/cartoon that has been negatively affected by tobacco use. Use the checklist on the rubric to make sure you’ve met all project requirements.

<table>
<thead>
<tr>
<th>PROJECT REQUIREMENTS &amp; RUBRIC</th>
<th>POINTS</th>
<th>CHECK</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. DRAWING</td>
<td></td>
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<tr>
<td>Your drawing should be large, of a person or cartoon and should be of the whole body.</td>
<td>10</td>
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<tr>
<td>2. LABELS</td>
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<tr>
<td>Label each body part negatively affected by tobacco use. Use the previous page for all of the labels needed.</td>
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<tr>
<td>3. DESCRIPTION</td>
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<tr>
<td>Next to each label, explain what happens to this body part if someone used tobacco products. (Ex: Ears=hearing loss)</td>
<td>10</td>
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<tr>
<td>4. DESIGN</td>
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<tr>
<td>Make it neat, colorful, and interesting to look at.</td>
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<tr>
<td>5. TITLE</td>
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<td>Give your poster a catchy title or name.</td>
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<td></td>
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<tr>
<td>6. STUDENT NAMES</td>
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<td></td>
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<tr>
<td>Place group member names on the bottom right hand corner.</td>
<td>2</td>
<td></td>
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</tbody>
</table>

Total Points: 35

You can layer parts over the clothing like drawing lungs & a heart. Be creative & add a tongue sticking or bad breath that looks like 'smoke' coming out of their mouth.
examples

TOBACCO YUCKS – EFFECTS ON THE BODY

Tobacco Tim!

- Hair loss
- Blurred vision
- Hearing loss
- Tooth decay
- Tongue growth
- Skin wrinkles
- Bad breath
- High blood pressure & heart attack
- Emphysema, lung block, and stroke
- Internal bleeding
- Stained fingers

Abzul Zeina
Lacey Muto
Taylor McIntyre
Leo Miller

Be a the Bad!

- Bloodshot eyes
- Loss of smell
- Voice changed
- Sharpness of hearing
- Loss of taste

tobacco yucks