

Grade 2

Health Objective 5.02

Explain why one should not use tobacco or look-alike products.

Language Arts 3.03

Explain and describe new concepts in own words.

Materials Needed:

Ziploc bags
Water gel
Paper cups or other containers for water
Red food coloring
Black powdered tempera paint
Water
Plastic bag
Soda or coffee straws
Candy cigarettes
Candy chewing tobacco
Can of snuff
Can of chewing tobacco
Pack of cigarettes

Focus:

In the front of the classroom display candy cigarettes, candy chewing tobacco, a can of snuff, a can of chewing tobacco, and a pack of cigarettes. As a class brainstorm how the different products are alike and how they are different. Ask student which of the products are unhealthy. Explain that while candy cigarettes might taste good they are encouraging the students to imitate unhealthy behaviors. Ask students why they think a company would make products to imitate unhealthy products, especially out of candy.

Teacher Input:

Tell the students that what we are going to learn today will help you healthy, strong and physically fit for the rest of your life, if you make wise and informed decisions. Explain to the students that tobacco is not healthy for our bodies and that there are different ways that people use tobacco. Explain smoking cigarettes as well as smokeless tobacco such as chewing tobacco or snuff to the students. Lead the students in the following activity that shows students the effect that smoking has on our bodies:

- Partially blow up a plastic bag let the air out, and blow it up again. This shows how our lungs work. They inflate, deflate, inflate and deflate. Most of the time we breathe normally, like when we are sitting at our desks, or on the bus. But sometimes we need to breathe hard, after running for example
- Our bodies breathe in oxygen and out carbon dioxide. We need oxygen to keep ourselves alive and healthy
- When we breathe other things into our lungs, they can be harmful and create problems breathing.
- We are going to make a “lung”(Each student can make his or her own or the teacher can demonstrate for the class.
- Give each student a bag with 1/8-1/4 tsp. of water gel (sodium polyacrylate) in it.
- Give each student a paper cup containing red water

- Have students pour water into the Ziploc bag, zip it closed tightly, and mix the powder and water together. A soft gelatin will form. If it is runny, add a tiny bit of powder, if it is gloppy add a little bit of water.
- When everyone has their powder mixed, show students the air bubbles trapped in the gel.
- Pretend this bag looks like our lungs. Our lungs are soft and have air pockets so the oxygen we breathe can be transported to other parts of our bodies through our blood cells.
- When we put other things into our lungs, they can be harmful and create problems breathing.
- Give each child a cup containing $\frac{1}{4}$ tsp. of black tempera paint and water get mixed together. Have students open their bags and dump in this mixture.
- Gel will turn black and thick.
- When smoke enters our lungs it has other things mixed with it. Smoke is actually small particles. A cigarette contains parts of a tobacco plant that is mixed with other chemicals. As people smoke, these particles enter their lungs and become trapped. After time their lungs become black and stiff. This causes the lungs to not inflate as easily. Because of this, people who smoke can't get enough air to breathe. This next activity will show you what it might feel like.
- Pass out soda straws the smaller the diameter, the better.
- Stand up and run in place for one minute
- After one minute of running in place, have the students put their straws in their mouths, hold their noses, and breathe through the straw as long as they can. Instruct them to remove the straw and breathe normally when they feel they can't get enough air.
- Count how many breaths they could take before removing the straw.
- Reiterate how smoking prevents a person's lungs from getting all the oxygen it needs.
- Explain how these particles can cause other problems.
- If we want to live a busy and active life, it is important we do all we can to keep our bodies as healthy as possible.

Practice & Assessment:

Divide students into groups of two to three. Ask each group to create a poster that explains why they should not use tobacco or tobacco look-alike products. Make sure that each poster explains two of the concepts discussed during the lesson. Ask students to share their posters and display them around the classroom.