



Grade 5 Sample Lesson Plan: Tobacco Yucks

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](#)

Steps

- 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.

Health Smart Virginia Sample Lesson Plan

- 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>
- YouTube; Smoking and its effects on Health! <https://youtu.be/lW6hwmdZbmE>
- YouTube; The DeNoble Files: Earmuffs <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 –

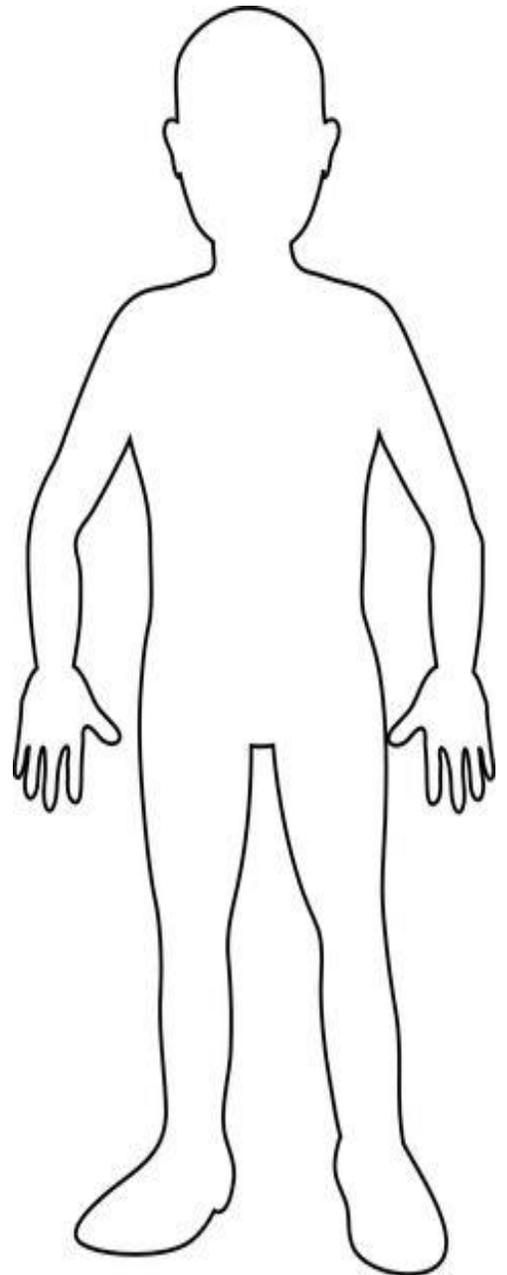
10. BLOOD VESSELS –

11. LUNGS –

12. HEART –

13. FINGERS –

14. STOMACH –

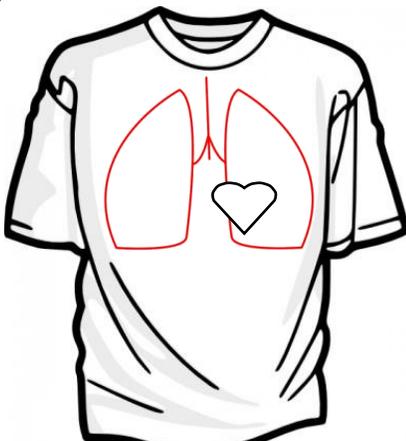


TOBACCO YUCKS – EFFECTS ON THE BODY



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.

PROJECT REQUIREMENTS & RUBRIC		POINTS	CHECK
1. DRAWING	Your drawing should be large, of a person or cartoon and should be of the whole body.	10	<input type="checkbox"/>
2. LABELS	Label each body part negatively affected by tobacco use. Use the previous page for all of the labels needed.	5	<input type="checkbox"/>
3. DESCRIPTION	Next to <u>each</u> label, explain what happens to this body part if someone used tobacco products. (Ex: Ears=hearing loss)	10	<input type="checkbox"/>
4. DESIGN	Make it neat, colorful, and interesting to look at.	5	<input type="checkbox"/>
5. TITLE	Give your poster a catchy title or name.	3	<input type="checkbox"/>
6. STUDENT NAMES	Place group member names on the bottom right hand corner.	2	<input type="checkbox"/>
Total Points:		35	



You can layer parts over the clothing like drawing lungs & a heart.

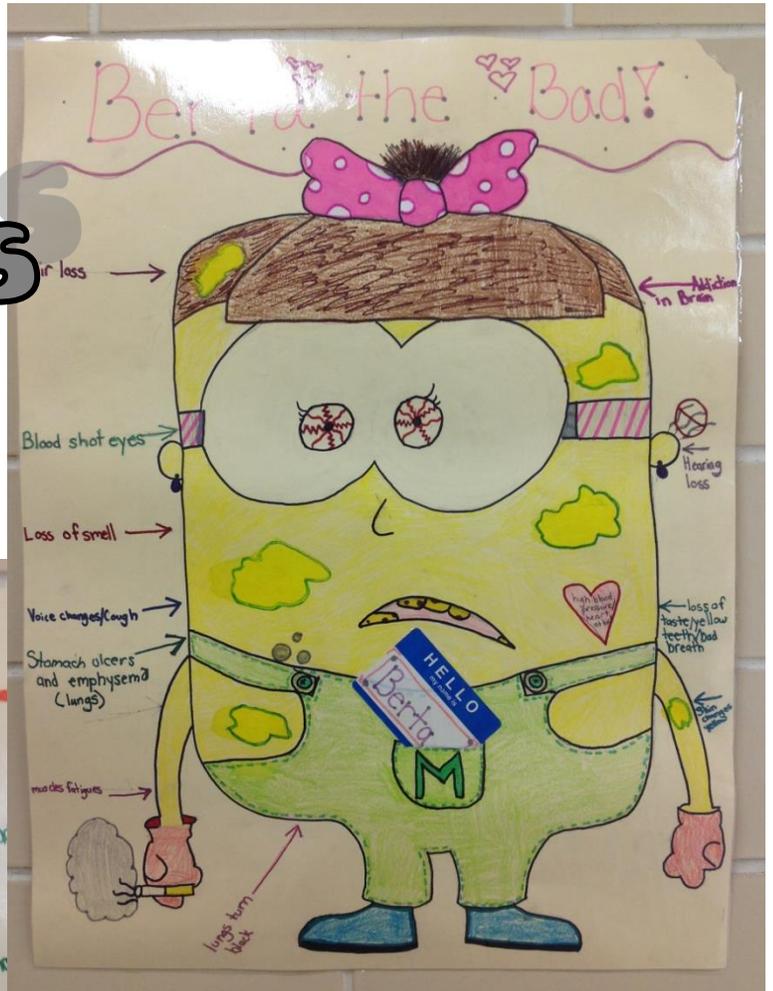
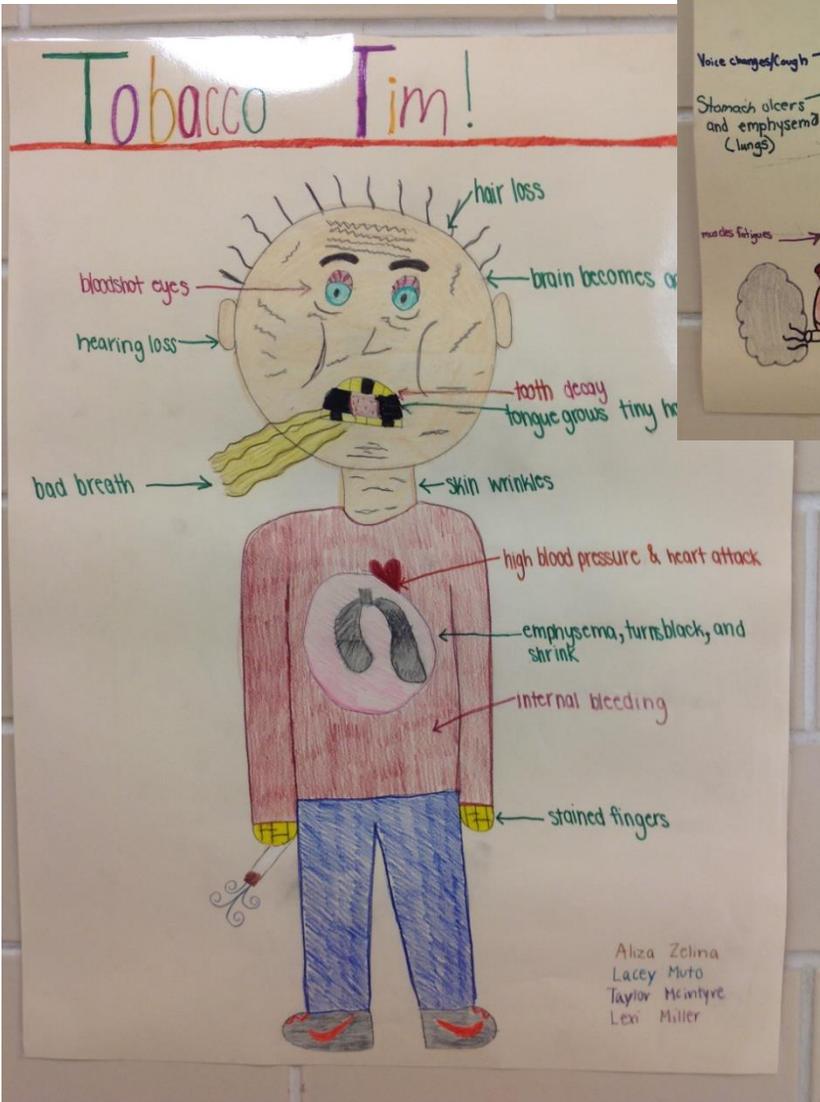
Be creative & add a tongue sticking or bad breath that looks like 'smoke' coming out of their mouth.



TOBACCO YUCKS - EFFECTS ON THE BODY



examples



tobacco yucks