

Learning Activity

Talking about Tobacco (essential)

Time: 30 minutes

Materials

- [Inside your lungs poster](#)
- [It will never happen to me poster](#)

Discussion

- Display 'Inside your lungs' poster for the class to see
- Ask students to discuss what they know about the respiratory system. Supplement and clarify wherever necessary.
- Invite students to identify any parts of the respiratory system that are familiar to them. Supplement and clarify whenever necessary, using the Core Knowledge Content and the poster.
- Remind students why the respiratory system is so important and how good lung health is important to overall health
- Tell students that sometimes people do things that can be harmful to their respiratory system and their overall health, such as smoking
- Introduce different chemicals in tobacco products (eg: nicotine, tar and carbon monoxide)
- Explain that there are many different ways to use tobacco products and that they all have negative effects on health
- Explain what smoking is and explain the difference between first, second and third hand smoke
- Ask students if they know of any consequence of using tobacco
- Show students 'It will never happen to me' poster to present and discuss the different effects that smoking has on the human body

Variations

- Follow discussion with Tar Jar and Out of Breath activities to demonstrate how tobacco use can impair lung function