



Grade 4 Sample Lesson Plan: Unit 3 – Tobacco Yucks

SOLs

- 4.1.L Compare the short- and long-term consequences of alcohol, tobacco, inhalant, and other drug use.
4.2.E Describe why individuals choose to use or avoid alcohol, tobacco, inhalants, and 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

Intro

Ask the students “What’s so ‘yucky’ about tobacco?” Guide them in the direction on the negative side effects on the body.

Step 1

Slide 2 Show them the “Myth or Fact” video on YouTube.

Ask the students if they believed any of the myths?

Step 2

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?

Step 3

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.

Step 4

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.

Step 5

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.

Assessment Idea, References, Sources

- 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/IW6hwmdZbmE>
- 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 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-*

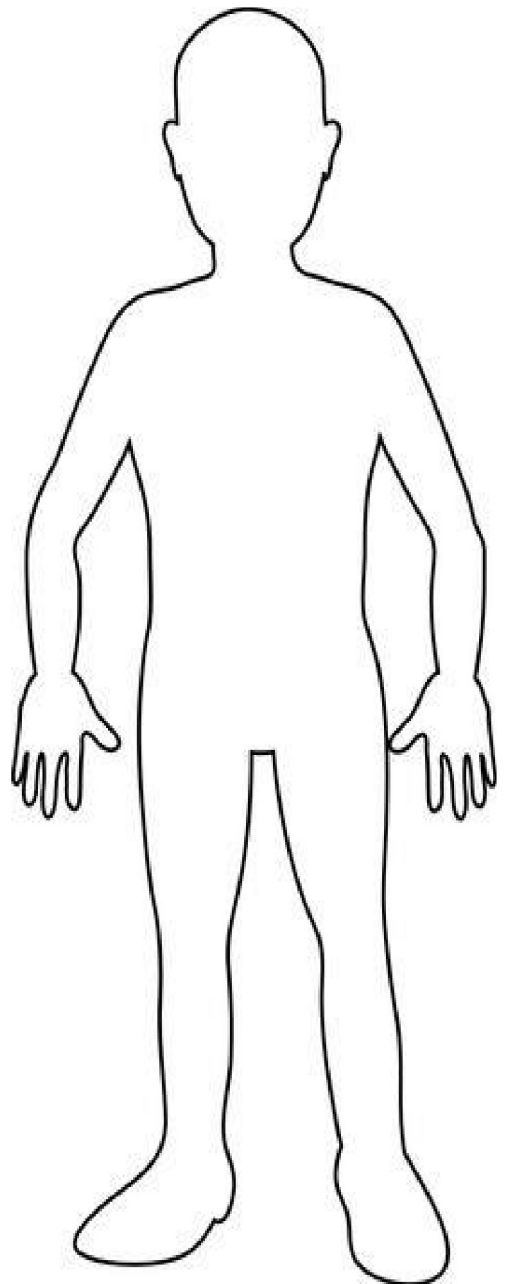
10. *BLOOD VESSELS -*

11. *LUNGS-*

12. *HEART-*

13. *FINGERS –*

14. *STOMACH -*



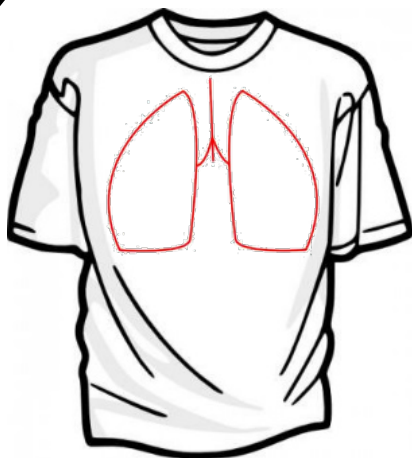
TOBACCO YUCKS – EFFECTS ON THE BODY



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	☐
2. LABELS	Label each body part negatively affected by tobacco use. Use the previous page for all of the labels needed.	5	☐
3. DESCRIPTION	Next to <i>each</i> label, explain what happens to this body part if someone used tobacco products. (Ex: Ears=hearing loss)	10	☐
4. DESIGN	Make it neat, colorful, and interesting to look at.	5	
5. TITLE	Give your poster a catchy title or name.	3	☐
6. STUDENT NAMES	Place group member names on the bottom right hand corner.	2	☐

Total Points: 35



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

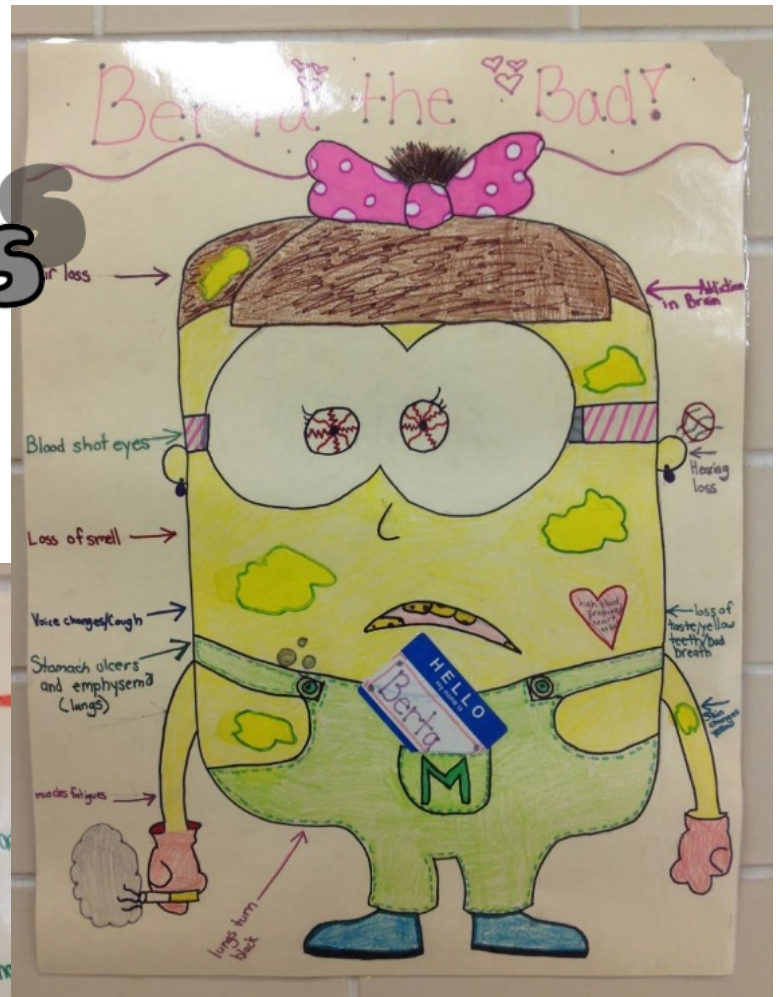
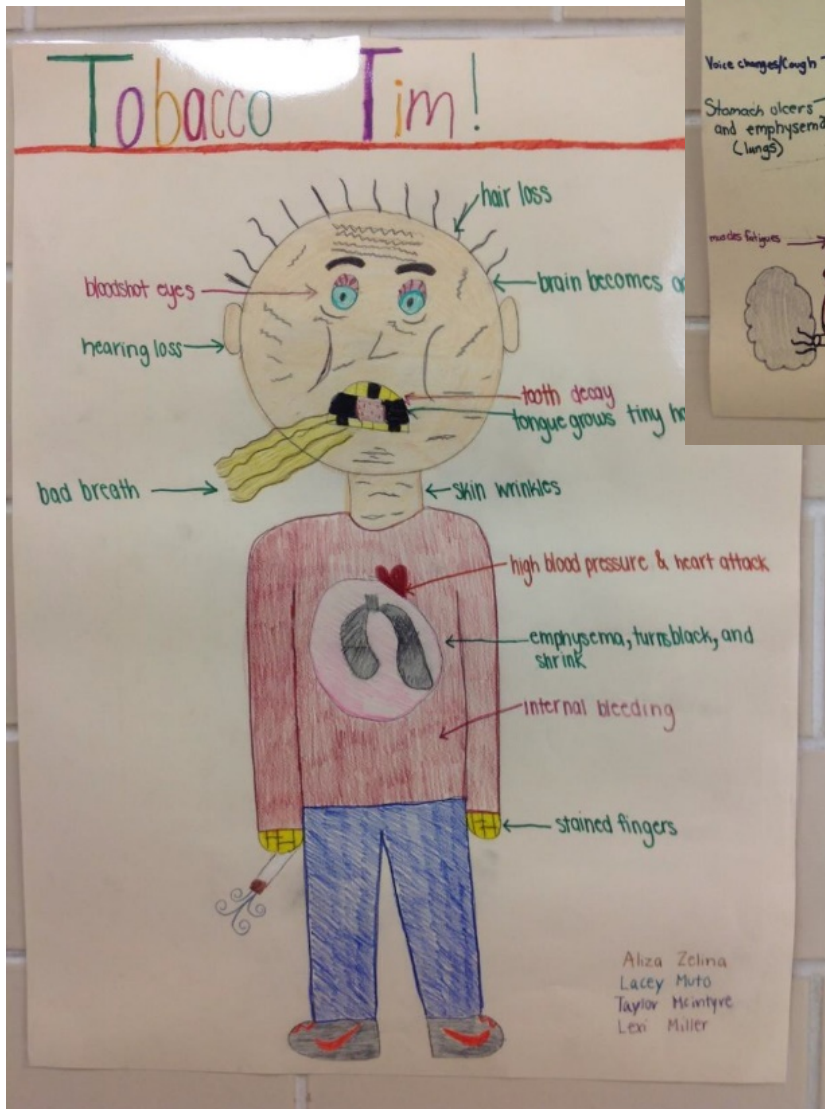
Be creative & add a tongue sticking or bad breath that looks like 'smoke' coming out of their mouth.



TOBACCO YUCKS - EFFECTS ON THE BODY



examples



tobacco
yucks

