

COURSE: Health	GRADE(S): 3 rd Grade
UNIT: Drugs	TIMEFRAME: 2 Lessons

<p>NATIONAL HEALTH EDUCATION STANDARDS:</p> <p>STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</p> <p>STANDARD 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</p> <p>STANDARD 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</p> <p>STANDARD 8: Students will demonstrate the ability to advocate for personal, family and community health.</p>
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<p>STATE STANDARDS:</p> <p>10.1. Concepts of Health 10.1.3.D. Know age appropriate drug information.</p> <p><i>Reading Assessment Anchors:</i></p> <p>R3.A.2. Understand nonfiction appropriate to grade level R3.A.2.1 Identify and interpret the meaning of vocabulary in nonfiction. R4.A.2.4 Identify and explain main ideas and relevant details.</p> <p>R3.B.3. Identify and interpret concepts and organization of non-fictional text R3.B.3.2 Distinguish between essential and nonessential information within text.</p>

<p>UNIT OBJECTIVES:</p> <p>Identify the major effects of alcohol and tobacco on the body.</p>	<p>CONTENT:</p> <p>I. Nicotine</p> <ul style="list-style-type: none"> - Found in tobacco - Stimulant Drug – speeds up body systems <p>Tobacco Products:</p> <ul style="list-style-type: none"> o Cigarettes o Pipes o Cigars o Chew o Snuff <p>Physical Effects:</p> <ul style="list-style-type: none"> o Nose/Mouth <ul style="list-style-type: none"> • Oral Disease • Mouth Cancers o Lungs <ul style="list-style-type: none"> • Receives less oxygen o Heart/Arteries <ul style="list-style-type: none"> • Needs to pump harder o Shortens lifespan <ul style="list-style-type: none"> • Every cigarette takes 6 minutes off life expectancy
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Smokeless Tobacco

- o Snuff-ground tobacco that is either inhaled or placed between cheek and gums.

Chewing Tobacco

- o Causes more damage to mouth tissues than smoking does:
 - Gum recession
 - Tooth decay

 - Bone destruction
 - Cancers to mouth & throat

Respiratory System: Moves oxygen from the outside environment into the body. It also removes carbon dioxide and water from the body.

- o *Nose:* Hair enters the body through the nose.
- o *Bronchi:* Passages that direct air into lungs.
- o *Lungs:* Main organs of respiratory system.

II. Alcohol

- o #1 drug problem of youth
- o Found in beverages

Measured in percentages

- Proof is double the percentage amount

Depressant drug

- Slows down the body systems

Alcohol products:

- Beer
- Wine
- Liquor

Physical Effects:

- o Brain
 - Interferes with seeing, talking, remembering, walking, and driving.
- o Heart
 - Weakens the heart muscle.
 - Can cause the heart to have fat around it.
 - Can cause an irregular beat.
- o Liver
 - Excessive alcohol causes the liver to overwork (extra oxidizing)

<p>ACTIVITIES:</p> <p>As a class, brainstorm tobacco products.</p> <p>Share, with a partner, three examples of tobacco products.</p> <p>In small groups, discuss the drug nicotine and its effects on the body. (Interpersonal communication)</p> <p>Student volunteers will place cards of the body parts affected by nicotine.</p> <p>Students will count the number of tobacco advertisements in their neighborhoods. Report findings back to the class. (Analyzing internal/external influences)</p> <p>Students work in groups to design posters to warn against drinking and driving. (Advocacy)</p> <p>Draw three examples of beverages which contain alcohol.</p> <p><i>Teacher directed differentiated instructional projects and activities are ongoing and based on student need.</i></p> <p>RESOURCES:</p> <p>Health Teacher: " <i>Hazardous To My Health</i>" (1999-2006) Retrieved on June 22,2006 from: http://www.healthteacher.com/lessons/lessonid/7.</p> <p>Comprehensive Education Foundation. " <i>Here's Looking at You</i>" (1999)</p> <p>Health Teacher: " <i>Be Smart, Don't Star</i>" (1999-2006) Retrieved on July 10,2006 from: http://www.healthteacher.com/lessons/lessonid/266.</p>	<p>ASSESSMENTS:</p> <p>On a worksheet students will identify products that are tobacco, alcohol or neither.</p> <p>On a test, students will accurately list three examples of tobacco.</p> <p>The class will complete the puzzle, "Tobacco's Effects on the Body" Worksheet.</p> <p>On a poster, students will state the negative effects of drinking and driving. (Advocacy)</p> <p>Students will accurately describe at least three negative effects of alcohol on the body.</p> <p>REMEDIATION:</p> <p>Teacher assistance of worksheets</p> <p>Working with a competent student</p> <p>Copy of notes if needed.</p> <p>ENRICHMENT:</p> <p>Develop a model of the path of smoke or alcohol through the body and present it to the class</p> <p>Interview an adult who has smoked tobacco, and report results to the class.</p> <p>Talk to guidance counselor about alcohol resources available to students at school.</p> <p>"Danger Tobacco", by Ruth Chier Power Kids Press</p>
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