

COURSE: Health	GRADE(S): 1 st Grade
UNIT: Drugs	TIMEFRAME: 3 Lessons

NATIONAL HEALTH EDUCATION STANDARDS:	
STANDARD 1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STANDARD 7:	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

STATE STANDARDS:	
10.1. Concepts of Health	
10.1.3.D. Know age appropriate drug information.	
10.2. Healthful Living	
10.2.3.B. Identify health-related information.	
<i>Reading Assessment Anchors:</i>	
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.	

UNIT OBJECTIVES:	CONTENT:
Identify that drugs affect the mind and body	I. Define drug: <i>Substance taken into the body, except food that affects the way the mind of body works.</i>
Recognize the difference between good and bad drugs	Helpful Drugs <ul style="list-style-type: none"> - Medicines - Can become harmful (bad) to your body if: <ul style="list-style-type: none"> o Overdosed o Don't follow directions o Use someone else's prescription o Take when not ill Harmful Drugs <ul style="list-style-type: none"> - Those that are harmful to your body - Those sold on the street/illegal
State the difference between over the counter (OTC) and prescription drugs.	II. Types of Drugs <p>Over the Counter drugs that don't require a prescription:</p> <ul style="list-style-type: none"> - Vitamins - Cough syrup - Tylenol/Advil

<p>Take action to protect yourself from harmful substances</p>	<p>Prescription Drugs Obtaining:</p> <ul style="list-style-type: none"> - Doctor - Prescription information - Pharmacist - Label (Patients Name, Address, Doctor's name and phone number, Drug name and strength, Number of pills in a bottle i.e. Antibiotics, Asthma inhalers, Ritalin) <p>Commonly Abused drugs</p> <ul style="list-style-type: none"> - Cigarettes and Tobacco <ul style="list-style-type: none"> o Respiratory parts o 2nd hand smoke - Alcohol <p>III. Avoidance of harmful substances</p> <ul style="list-style-type: none"> - Never administer your own medicine - Follow product label/directions
<p>ACTIVITIES:</p> <p><i>Discussions:</i></p> <p>Look Alike Drugs:</p> <ul style="list-style-type: none"> ✧ Have class decide if the drugs shown are pills or candy. <p>Whom to contact:</p> <ul style="list-style-type: none"> ✧ Students will list adults they could trust to use as a resource to help them follow safe drug use (Accessing information) <p>Importance of label information:</p> <ul style="list-style-type: none"> ✧ Students will draw a prescription label and write all the necessary information that label should contain. (Assessing information/Self Management) <p><i>Scenarios:</i> What If?</p> <ul style="list-style-type: none"> ✧ Teacher creates scenarios relating to the lessons. Ex. If you find a bag of what looks like candy on the ground what should you do? (Self management) <p>Brainstorming substances commonly considered drugs.</p> <p>Role Play - "Frog finds some candy".</p> <p>Compare and contrast the ways to obtain prescription and OTC Drugs. (Assessing</p>	<p>ASSESSMENTS:</p> <p>State as a group the definition of a drug</p> <p>As a class, students will state that good drugs help the body and bad drugs harm the body.</p> <p>Given Froggy's "Frog Finds Out" sheet students will correctly place the drug (in the pond), and non-drug items on the log.</p> <p>Identify appropriate people from whom to take medicines</p> <p>Students will differentiate between prescription and over the counter drugs by raising the prescription card or OTC card when shown a drug.</p> <p>Teacher check of the completed "I will ask" worksheet.</p> <p>REMEDIATION:</p> <p>Peer Help - classmates help others decide if it's a drug or not.</p> <p>Teacher works individually with a student.</p> <p>ENRICHMENT:</p> <p>Make a poster on drug safety.</p>

Information)

Teacher directed differentiated instructional projects and activities are ongoing and based on student need.

RESOURCES:

"Here's Looking at You 2000":
Drug Education Program (1999) United Learning

Kidshealth (1995-2006)
Retrieved on June 23, 2006 from:
http://www.kidshealth.org/teen/drug_alcohol/

Health Teacher.com *" Safe Uses of Medicines"*
Retrieved on June 23, 2006 from:
<http://www.healthteacher.com/lessons/lessonid/1>