

LESSON 2

Smokey's Café

Topic

Content Area

The dangerous ingredients in tobacco products

Content Statement/Concept Statement

Identify the dangerous ingredients in tobacco products and the health risks associated with tobacco use and secondhand smoke

Content Outline

1. Tobacco and tobacco smoke contain more than 4,000 chemicals that are taken into the body every time a tobacco product is used.
 - Chemicals include at least 43 carcinogens
 - Many of the chemicals are poisonous
2. All tobacco products can cause health problems.
 - Nonsmokers who breathe **secondhand smoke** are also at risk

Standards of Education

Related National Health Education Standards

Students will comprehend concepts related to health promotion and disease prevention (NHES 1.0).
Students will demonstrate the ability to use interpersonal communication skills to enhance health (NHES 5.0).

Related State Standards

Refer to attached state standards.

Objectives/Expected Learner Outcomes

Explain how health is influenced by the interaction of body systems (NHES 1.3).

Analyze how environment and personal health are interrelated (NHES 1.5).

Predict how decisions regarding health behaviors have consequences for self and others (NHES 6.3).

Lesson and Strategies

Student Group Targeted

7th Grade

Time Required

Teacher Preparation: 10 minutes

Activity: 30 minutes

Assessment: 10 minutes

Optional Challenge Skill: 5 minutes

Materials and Resources

Smokey's Specials™

Tablecloth

Smokey's Café Menu Handout

Smokey's Ingredients Handout

Smokey's Café Comment Card Handout

Smokey's Café Special Recipe Handout

Key Terms/Vocabulary

Secondhand smoke comes from burning smoke tobacco products and is also what is breathed out by smokers.

Motivation and Explanations

Students will be able to identify several of the dangerous chemicals found in tobacco and tobacco smoke and name various health problems that these chemicals can cause. Students will then be able to use this information to predict several possible health consequences that may result from the use of tobacco. This information should help students avoid all tobacco use.

Questioning Strategies/Discussion

Using Smokey's Café to present the ingredients in tobacco products as unappealing menu choices will allow students to draw their own conclusions about the dangerous ingredients found in tobacco products. Students will realize the severity of ingesting these chemicals into their bodies. One strategy to facilitate discussion is to have students examine the effects of tobacco use by asking these types of discussion questions: Why do you think smokers are willing to take these chemicals into their bodies when they probably wouldn't be willing to try any of Smokey's Specials™? What would you do if you were surrounded by secondhand smoke?

Teacher Preparation

Before class, make a copy of the Smokey's Café Special Recipe handout and the Smokey's Café Comment Card handout for each student. Also, make a class copy of the Smokey's Ingredients handout and the Smokey's Café Menu handout.

Cover a desk at the front of the room with the tablecloth, and arrange Smokey's Specials™ on it. Arrange the students' desks into various tables to simulate a restaurant setting. Write "Smokey's Café" and the motto "Smokers are always welcome, and every section is the smoking section!" on a chalkboard or whiteboard at the front of the room. Place enough copies of the Smokey's Café Menu handouts on the tables for each student to have one.

Activity: Smokey's Café

As students enter the classroom, invite them to find a seat in your newly opened restaurant. Begin class by serving each table one of Smokey's Specials™.

As you serve the tables, ask a student from each group to describe their group's meal to the class by using the Smokey's Café Menu handout as a guide. Elaborate on the chemical ingredient in each of Smokey's Specials™.

After each table has received their food, tell the students that Smokey's is always trying to improve its food and service and would appreciate everyone's taking a minute to fill out a comment card. Give each student a Smokey's Café Comment Card handout, and allow time for students to write their comments. Ask several students to read their comments when everyone is done.

Assessment

Give each student a Smokey's Ingredients handout to use as a reference for the special ingredients in tobacco products. Have students complete the Smokey's Café Special Recipe handout.

Optional Challenge Skill: Smokey's Café Daily Special

Have students create their own menus for Smokey's Café based on the ingredients in tobacco and tobacco smoke. Have them describe each dish by comparing its ingredients to common everyday items. Make sure that students describe the health risks associated with each dish. Encourage them to be creative in naming and describing the various dishes. Sample menu items might include "Hot Arsenic Pie à la Mode—made with only the finest rat poison, this dessert is simply to die for!" or "Mercury Soup—a house specialty guaranteed to make your temperature rise ... until it kills you!"

Assessment Strategies

In the activity, students will identify the dangerous ingredients in tobacco products and the health risks associated with tobacco use. You will know that students have achieved the lesson objectives when they have successfully completed the Smokey's Café Special Recipe handout. An alternative assessment option is to have students construct anti-tobacco labels for tobacco products that identify the harmful ingredients in the products and explain how those ingredients affect a user's health. Students will have successfully completed the optional challenge skill when they have created a menu that compares the dangerous ingredients of tobacco products and tobacco smoke to commonplace items that contain or represent those dangerous ingredients and described the health risks associated with those ingredients.

Supplemental Resources

<http://www.HealthEdcoCurriculum.com>

<http://www.HealthEdco.com>

Additional products available through HEALTH EDCO® that complement this lesson:

Tobacco Ingredients Display

Giant Cigarette Model

A Year's Worth of Tar™

Smokey's Cafe

Menu

The History of Smokey's

Although Smokey's may not be as old as the smoke-stained walls appear, rest assured that we've been around for a long time. Unfortunately, there's no telling how long we've been in business—most of the patrons and workers have died from the secondhand smoke they breathe in day after day. **Secondhand smoke** comes from burning smoke tobacco products and is also what is breathed out by smokers.

The Finest Ingredients

The chefs at Smokey's have pulled out all of the stops to give customers more than 4,000 different chemicals in their tobacco products—not to mention the captivating aromas that these products produce. Several of these chemicals are poisonous, and at least 43 have added negative health effects because they're carcinogens. Smokey's secret recipes are so good that customers can enjoy these ingredients even though they would never consider eating or drinking them anywhere else. Each meal at Smokey's is cooked to perfection, so whether you're actually eating our food or just enjoying its aroma, Smokey's has something for everyone!

Entrées

On the Lighter Side—This flaming entrée gives off just the right touch of carbon monoxide, leading to headaches, nausea, confusion, and even death. You may not feel like eating again for days—and best of all, it's cholesterol-free!

Can of Paint Thinner—This dieter's delight has enough methanol to fill you up and strip your insides. Unfortunately, this treat could cause blindness and death before you get a chance to see the new you, so enjoy your new look while it lasts.

Bottle of Insecticide—This popular drink is chock-full of poison. In addition to killing pesky bugs, it can destroy lots of cells in your body.

Cigarette—The tar-filled smoke from this blackened dish is sure to take your breath away.

Rat—This meaty meal is bred in warehouses right here in our own city! Brought to demise with arsenic, these creatures are delivered as fresh as finding the carcasses will allow. A hefty serving of this dish will satisfy even the heartiest of appetites if you're not afraid of a little nausea, vomiting, and damage to blood vessels. Don't pass up the opportunity to try this dish because when the warehouse is out, so are we.

Indoor Fogger—The steamy aroma of this main dish is enough to stop you dead in your tracks. Smokey's has added just the right touch of cyanide to leave your heart and brain feeling the permanent after-effects of this tasty dish.

Bottle of Nail Polish—This pickle-flavored sauce is the perfect topping for any of Smokey's Specials. With a hint of formaldehyde, your brain could be altered forever!

What makes Smokey's special?

The patrons and employees at Smokey's have worked hard to maintain its totally smoke-filled atmosphere. While other restaurants have compromised by setting up nonsmoking sections and smoke-free environments, Smokey's has fought for an experience that the whole family can enjoy.

Smokey's Ingredients

These substances are a few of the more than 4,000 chemicals found in tobacco and tobacco smoke.

Naphthalene—a poison used in mothballs that can damage the kidneys, liver, and red blood cells.

Mercury—a potentially deadly chemical used in thermometers that can damage the central nervous system and cause birth defects.

Carbon Monoxide—a gas given off by burning certain types of fuel that reduces the amount of oxygen in the blood and can lead to headaches, nausea, confusion, and even death.

Ammonia—a cleaner used in homes that can cause irritation to the eyes, throat, skin, and lungs.

Nitrogen Oxides—gases given off by burning coal, wood, or natural gas that can irritate the nose, throat, and lungs.

Nicotine—a poisonous, addictive drug that increases the heart rate.

Tar—a substance found in tobacco smoke that can cause lung disease.

Arsenic—an ingredient found in pesticides that can cause nausea, vomiting, and damage to blood vessels.

Methanol—an ingredient used in paint thinners and paint strippers that can cause blindness and death.

Cyanide—a poison used to kill pests that can cause brain and heart damage.

Cadmium—a metal used in batteries that can damage internal organs such as the lungs and kidneys.

Formaldehyde—an ingredient found in nail polish that may increase the risk of brain cancer.



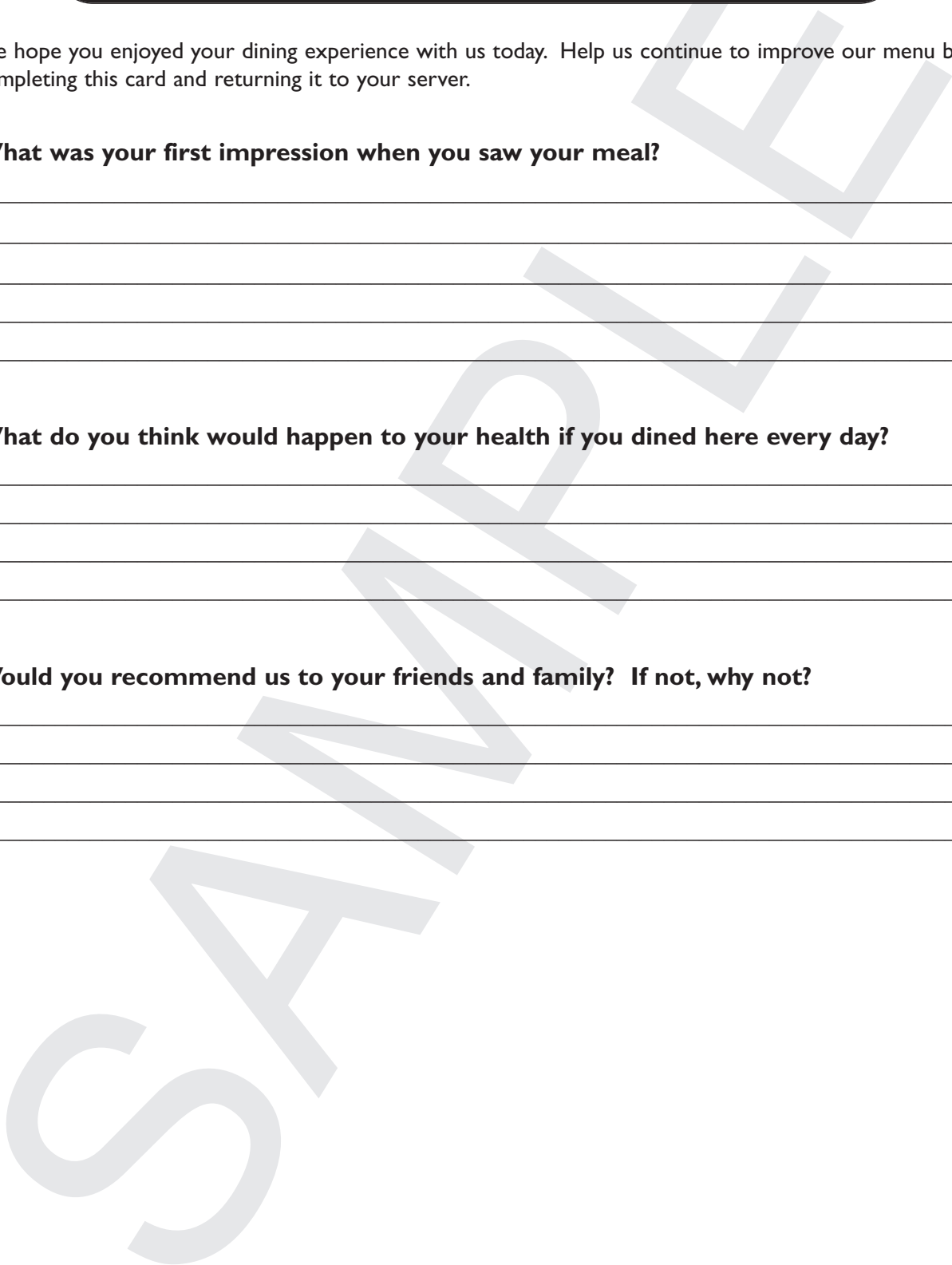
Smokey's Café Comment Card

We hope you enjoyed your dining experience with us today. Help us continue to improve our menu by completing this card and returning it to your server.

What was your first impression when you saw your meal?

What do you think would happen to your health if you dined here every day?

Would you recommend us to your friends and family? If not, why not?



Smokey's Cafe

Special Recipe

Ingredients: Ammonia Formaldehyde Tar
Chemicals Methanol Carcinogens
Nonsmokers Nicotine Health

Take approximately 4,000 _____ and mix well in a large bowl with a dash of the addictive drug, _____. Stir in 1 full cup of _____ to make the mixture thick and gooey. Add a few drops of _____, which can be found in nail polish. Add a dash of _____ from any household cleaner. Stir by hand until thoroughly mixed. Set the bowl over a pot on the stove filled with hot water, and let it steam on low heat for about 1 hour.

Stir well, and remove from heat. Scoop the mixture out onto the counter, and form into approximately 20 small tubes about 5" long. Let the tubes dry overnight. For extra flavor, dip one end of each tube into a can containing _____, which is also found in paint thinner.

Now, serve the dish to your friends and family, and watch their faces! Don't forget the _____. Even if they don't want to try one, they will be forced to breathe the overpowering smoke into their lungs as it spreads throughout the house.

Each serving contains approximately 43 _____.

Provides approximately 20 individual servings or can be packed together in an attractive serving carton for one.

Warning: Use of this dish can lead to severe _____ problems.