

YEAR 5

CLEAR THE SMOKE

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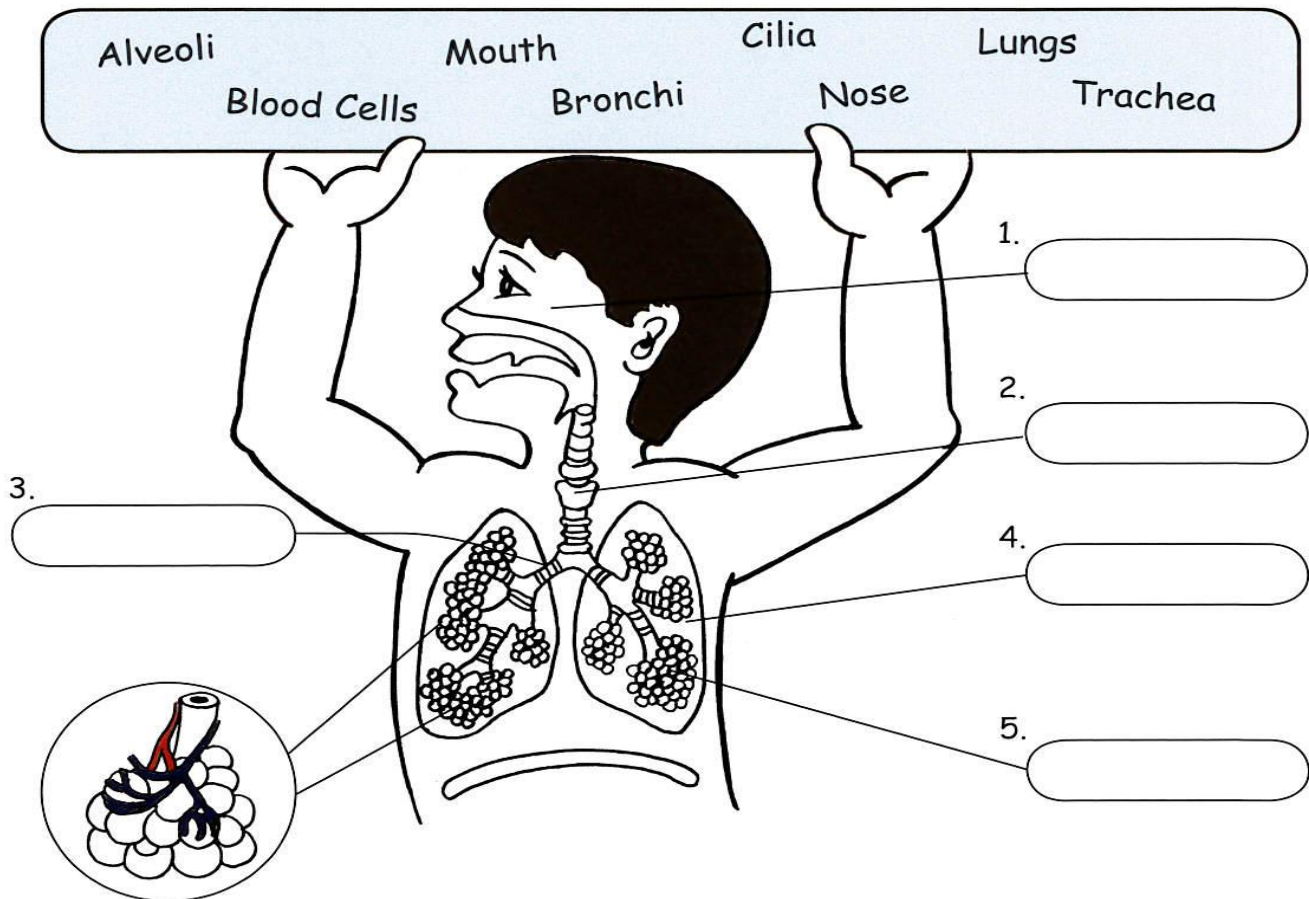
Worksheet 9 Body Says It All

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TAKE A DEEP BREATH

Name the body parts in the diagram below using *SOME* of these words:



What am I?

1. We are the two branches that carry air. We are the _____.
2. I am the main airway. I am the _____.
3. Air exchange takes place in us. We are the _____.
4. Air first enters the body through me. I am the _____.
5. We are one of the largest body parts. We are the _____.
6. We beat out the dust and pollution before they go further into the lungs. We are the _____.

PUTTING TOBACCO UNDER THE MICROSCOPE

Fill in the blank:

Cigarette smoke contains at least _____ chemicals. The three main chemical substances are tar, nicotine, and carbon monoxide.

Label the following boxes with the related chemical and pick out the accurate words provided in the brackets.

1.

- Lowers oxygen level in the blood
- Decreases the oxygen-carrying capacity of (red / white) blood cells
- (Increases / Decreases) the workload of the heart, leading to heart diseases
- (Ages / Vitalises) the skin

2.

- Is a drug
- Stimulates activity in the central nervous system
- (Increases / Decreases) the heart rate
- (Increases / Decreases) blood pressure
- Is highly addictive



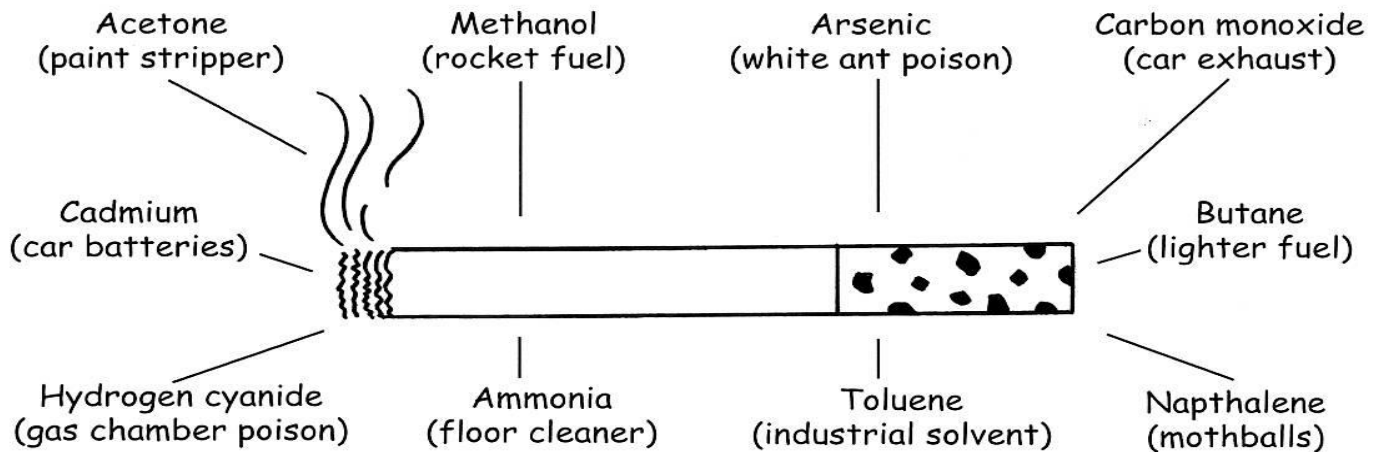
3.

- Turns dark brown when it is burnt
- Paralyzes the cilia in the lungs
- Contains (fatty / cancer-causing) substances
- Turns teeth and nails (yellow / white)
- Irritates the bronchi, leading to increase coughing and (phlegm / saliva)

WHAT'S IN A CIGARETTE?

Tobacco products include cigarettes, cigars, and pipes.

Chemicals are released when tobacco is burnt. These chemicals are also found in:



Find the above chemicals in the word search. Words can be vertical, horizontal, or diagonal.

S	J	T	A	E	J	J	B	D	W	U	K	P	H	D	T	J	O
Q	G	I	C	A	R	B	O	N	M	O	N	O	X	I	D	E	D
A	S	Q	A	S	D	F	A	C	E	T	O	N	E	H	G	J	K
V	M	I	D	G	J	B	D	A	Q	O	W	E	R	T	U	O	P
S	F	N	M	E	T	H	A	N	O	L	P	H	F	S	N	S	B
X	A	P	I	S	W	E	R	T	U	U	J	E	F	V	A	N	M
Z	X	L	U	T	U	O	P	U	J	E	K	L	F	P	P	D	A
Q	S	C	M	I	T	A	M	M	O	N	I	A	K	G	T	D	S
V	E	L	N	C	N	B	A	T	A	E	B	T	S	A	H	E	L
R	A	L	H	E	V	U	E	R	L	W	H	E	C	I	A	L	A
I	N	O	A	L	O	T	V	I	S	C	K	I	H	G	L	D	S
S	E	X	N	I	P	A	L	L	I	E	P	E	P	R	E	U	O
A	V	I	G	H	J	N	R	T	Y	U	N	O	O	U	N	Y	T
H	Y	D	R	O	G	E	N	C	Y	A	N	I	D	E	E	G	P
H	O	E	T	M	B	F	Q	W	E	R	T	K	C	K	H	F	D
D	H	K	F	V	E	N	K	H	V	A	B	E	I	O	U	Y	S

YOUNG REPORTER'S NOTEBOOK

Interview a smoker and a non-smoker with the following questions:

Smoker

1. How long have you been smoking?

2. Why did you start?

3. Why do you still smoke?

4. How many packs do you smoke in a week?

5. Money spent on buying cigarettes each week:

\$ _____ per pack x _____ packs
= \$ _____

6. How does smoking affect a person?

7. Have you ever thought of quitting? Why?

Non-Smoker

1. Have you ever tried smoking?
Yes / No

2. Why do you choose not to smoke?

3. What's your impression of smokers?

4. How does smoking affect a person?

5. Are you happy with your non-smoker status?



The majority of the people in Macao choose not to smoke.

DANGER! BEWARE!

You can use the internet to help you find information to the following questions:

- A. What are some immediate health effects of both first-hand and second-hand smoke?

- B. When someone smokes, what are some of the cosmetic and long-term health effects of first-hand smoke (a person smoking) and of second-hand smoke (a person breathing in smoke from burning tobacco, like a lit cigarette)?

First-Hand Smoke



Second-Hand Smoke

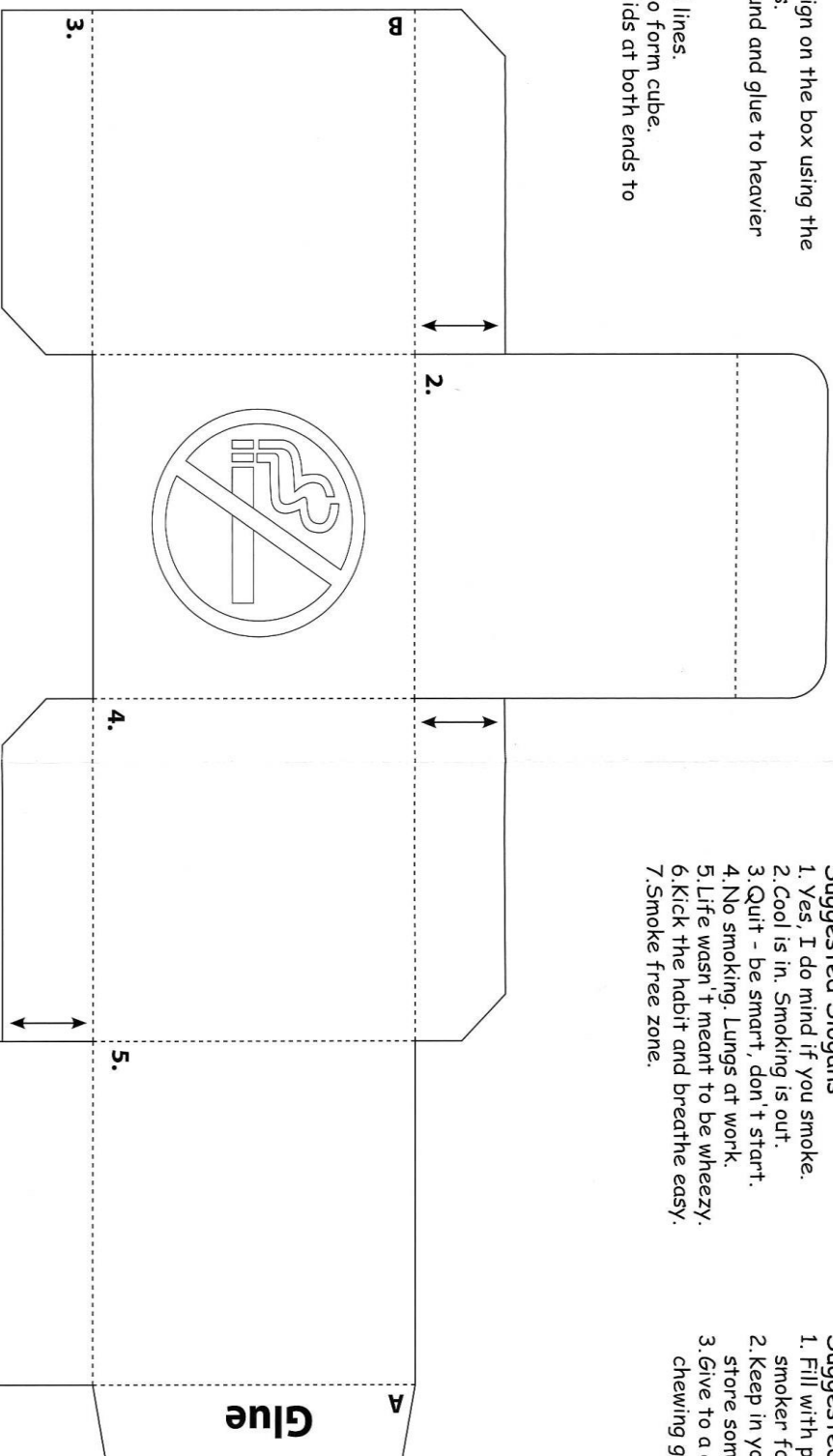


Third-hand smoke is when chemicals from the smoke of burning tobacco land on surfaces such as animal fur, furniture, carpet and clothes, and are inhaled or ingested by animals and babies, or when the chemicals are absorbed through the skin.

DROP THE SMOKE

Instructions

1. Complete the design on the box using the suggested slogans.
2. Cut carefully around and glue to heavier paper.
3. Cut →
4. Fold along dotted lines.
5. Glue flap A to B to form cube.
6. Fold in flaps and lids at both ends to secure box.



Suggested Slogans

1. Yes, I do mind if you smoke.
2. Cool is in. Smoking is out.
3. Quit - be smart, don't start.
4. No smoking. Lungs at work.
5. Life wasn't meant to be wheezy.
6. Kick the habit and breathe easy.
7. Smoke free zone.

Suggested Uses

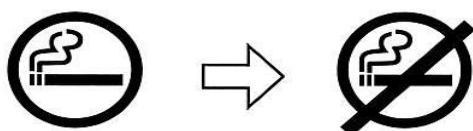
1. Fill with paper clips and give to a smoker for a present.
2. Keep in your bedroom and use it to store something useful.
3. Give to a quitter filled with mints or chewing gum.

SMOKING BAN

In order to provide better protection of her citizen's health, the Macao SAR government amended the New Regime of Tobacco Prevention and Control.

In designated no-smoking areas, people are not allowed to smoke or carry a lighted cigarette, cigar or pipe.

Examine the following places. For the areas that are designated as nosmoking areas, draw a line across the cigarette and turn it into a nosmoking sign.



 Indoor areas of restaurants

 Indoor workplaces

 Supermarkets, shopping malls, banks, theatres, cinemas

 Wet markets

 Bathhouses, massage establishments

 Bars open to people 18 or above

 Mahjong parlours

 Karaoke establishments

 Amusement game arcades

 Whole of hospital premises

 Schools, university campuses

 Airports

 Escalators

 Footbridges

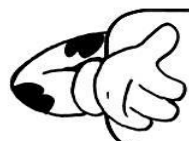
 Pedestrian sidewalks

 Bus depots

 Sports stadia, parks

 Swimming pools, beaches

 Barbeque, camp sites



After The New Regime went into effect, the adverse health effects of second hand smoke on the public has been reduced.



THE COASTER RIDE

Waldo, Kim, Minh and Josh went to Ocean Park. Waldo suggested going on the roller coaster ride. Kim and Minh both agreed, but just when Josh was feeling uncertain about it...

Scenario 1



Did Josh's friends give him pressure?

If so, how did his friends put pressure on him?

How might Josh feel and what might he be thinking?

Scenario 2



Josh's friends did not put peer pressure on him directly, but what might Josh be thinking?

Friends can influence our decisions, but who ultimately has to make the decision and bear the consequences?



Our friends may influence our choices, but the decision is ours to make. Real friends respect the decisions we make.



BODY SAYS IT ALL

A classmate invites you to hang out over the weekend, but you're busy.



Look at the three attitudes displayed below and consider how the friend would feel with each one.

1.



Oh... um... I'm sorry... I... I... I'll pass.

2.



Oh, I'm sorry. I can't come. How about next time?

3.



No!! Get somebody else to play with you.

With attitude 1, the friend might feel _____

With attitude 2, the friend might feel _____

With attitude 3, the friend might feel _____

Which attitude of refusal seems most appropriate? Why?

WHAT'S YOUR MOVE?

Our friends may make senseless requests of us or make suggestions we're not comfortable with. See how you could decline the following offer:



How could you use these strategies to refuse a friend?

Change the subject

Hey, did you know the new Batman movie is out?

Give reasons

Name the consequences

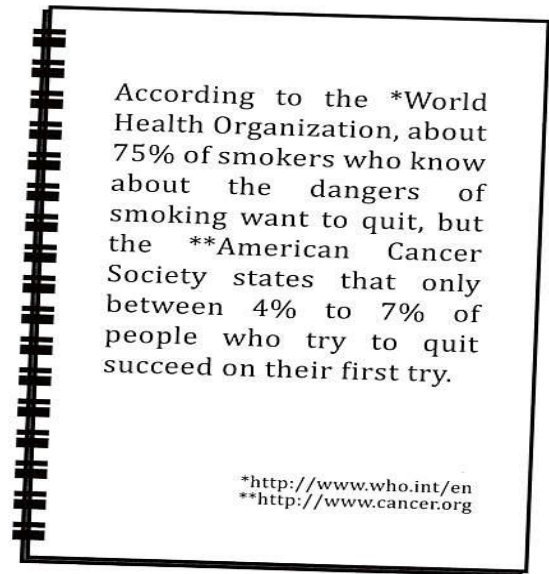
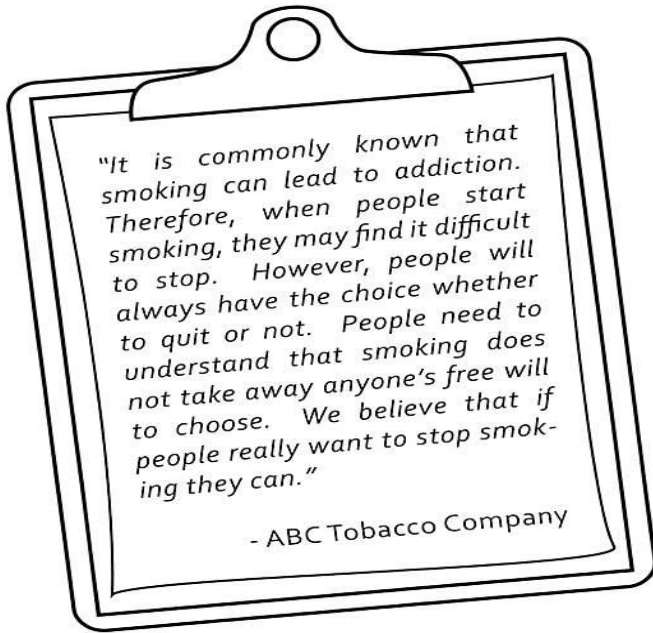
Challenge

Suggest other options



There are many different refusal strategies, if one does not work immediately, try another one. The important thing is to be assertive and respectful, holding your ground.

DIVE IN DEEPER



1. Who wrote the above statement on the left? _____
2. What does "addiction" mean? _____
3. "Free will" means that a person can choose whatever they want. If a person is addicted to smoking, do they really have "free will" to quit smoking any time they want? Explain.

4. How can the above statement on the left be misleading to people who are



Tobacco companies have and make similar statements like the one above. Therefore, we always need to be critical thinkers when doing research on smoking or any other topic. It is important to know where and who we are getting the information from.