

How do I use the materials?

Initially read through the Teacher's Information Section. This will help you to contextualise the materials and will provide you with the rationale and ethos of them. Then read through the contents list and identify the lessons that you feel are most relevant to the children that you are working with. The Activities at a Glance page provides an overview of the key lesson activities to help your planning. It is acknowledged that you will not have sufficient time available to work through all of the lessons provided. However, the resource is intended to provide you with sufficient opportunities to integrate a comprehensive programme of smoking education into your current primary school personal and social health education curriculum. In addition, there are obviously close links with the Healthy Schools Scheme. There are also opportunities for introducing the smoking education work into assemblies and circle time activities. The extension activities often have a direct link to work with parents, carers and the wider community.

Pre-testing of the materials

The materials contained in this resource have been pre-tested in a variety of primary schools. Teachers' comments included:

- The lessons worked well. The children contributed to lively discussions in a mature way. They were interested in the subject and wanted to find out more.
- I enjoyed using this material and the children appeared to enjoy it too.
- The lesson flowed well, with breaks between the activities being quite appropriate. There was plenty of time to complete the extension activity too.
- The lesson flowed and points were made with progressive continuity.

In general the findings from pre-testing the material indicated that:

- The lessons were easy to use, progressive and developmental.
- Children found the material engaging and were very interested in the whole area of smoking education.

These materials have taken account of the key comments provided by both the teachers and their pupils.

Wordsearch

SECTION 3

h12

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

Look across, down and diagonally to spot these tobacco related words

Arsenic

Cigarette

Heart

Global Warming

Carbon Monoxide

Pesticide

Habit

Insecticide

Environment

Healthy

Butts

Addicted

Tar

Lung

Cancer

Nicotine

Litter

Smoke

Ash

Passive

Lesson support notes

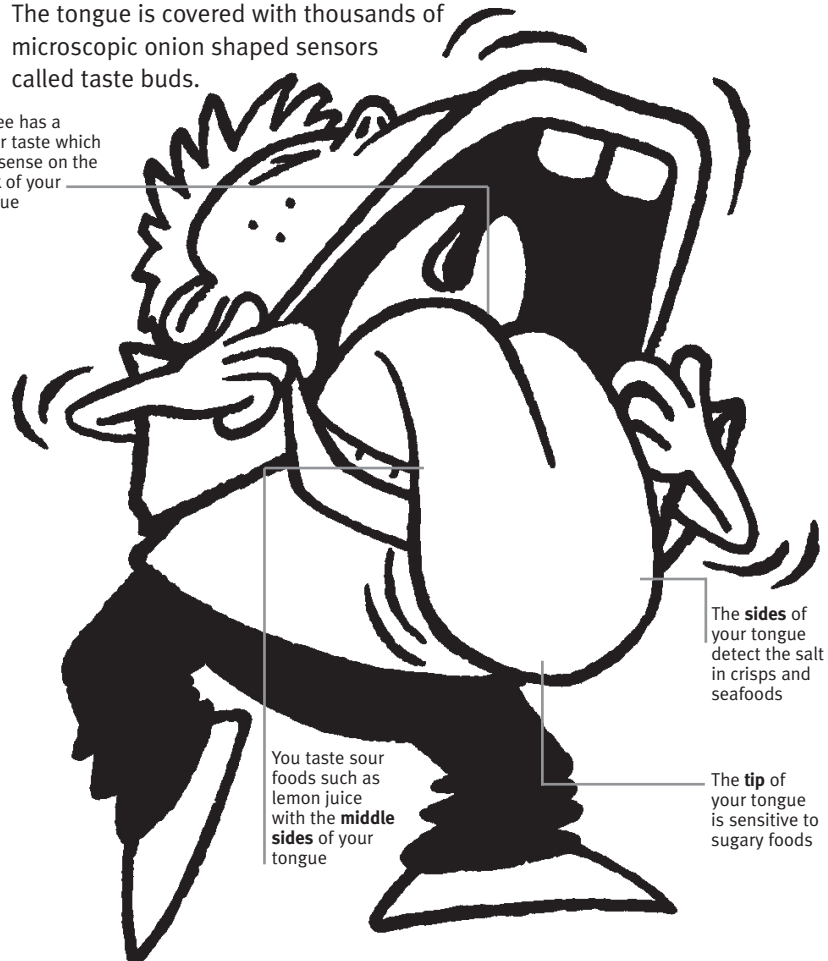
This section is designed to provide teachers with some background information that can be used as a starting point for discussions with pupils during the lessons. It is also recommended that you read the two Background Papers: _____ and _____ in order to familiarise yourself with information about smoking and smoking education.

Senses

The five senses are: sight, hearing, taste, smell and touch.

- For those of us who do not have any of our senses impaired we receive most information about the world around us from our sight. Our eyes can see shapes and colours, brightness and shadow.
- Our ears enable us to hear a huge range of sounds. Sounds are vibrations that travel through the air. Our ears collect the vibrations as sound waves. Our brains help us make sense of the sounds.
- Our tongue enables us to detect the taste and flavour of foods and drinks. The tongue is covered with thousands of microscopic onion shaped sensors called taste buds.

Coffee has a bitter taste which you sense on the **back** of your tongue



The **sides** of your tongue detect the salt in crisps and seafoods

You taste sour foods such as lemon juice with the **middle sides** of your tongue

The **tip** of your tongue is sensitive to sugary foods

As we grow older some of our taste buds die. This is why some foods taste stronger to children than adults. A baby has over 10,000 taste buds and an older adult has about 5,000. Smoking cigarettes kills off some taste buds and reduces a smoker's sense of taste.

- Our sense of taste and smell work very closely together. If someone has a cold and cannot smell very well, they probably will not be able to taste food either. Hairy smell sensors (cilia) inside our nose enable us to detect tiny quantities of smells in the air. Cigarette smoking harms the smell sensors in the nose and reduces people's sense of smell.
- Our skin is the largest organ in the body. The millions of nerve endings near the surface of the skin enable us to feel the world around us when we touch objects.

Lungs

Our lungs are like pink sponges, full of tiny holes. As we breathe our lungs expand as the holes fill with air. The oxygen in the air passes through the lungs into our blood vessels and the red blood cells carry oxygen around our bodies to millions of cells. Oxygen provides energy for the cells, to keep our bodies alive.

Tobacco smoke and pollution turn healthy pink lungs grey or black, and prevents them from working as efficiently. People who smoke often have coughs, become out of breath quickly and may develop serious illnesses.

As we breathe in our lungs expand and fill up with air. As we breathe out our lungs get smaller and the air is squeezed out. If we breathe through our nose, the air becomes moist and warm; the tiny hairs in our nose clean it.

This helps the lungs to absorb oxygen. If we exercise regularly our breathing muscles become stronger and we are able to absorb oxygen more efficiently.

We can increase our intake of air 10-12 times while doing physical activity such as running.

