

Fit and Healthy: Smoking

Unit 9B

Year 8

Week commencing 30th April 2012

Title: Smoking

Learning objectives:

1. Must be able to list at least 5 effects of smoking including health and other factors
2. Should be able to include a wide range of information in a leaflet you will design to persuade teenagers not to smoke

Starter

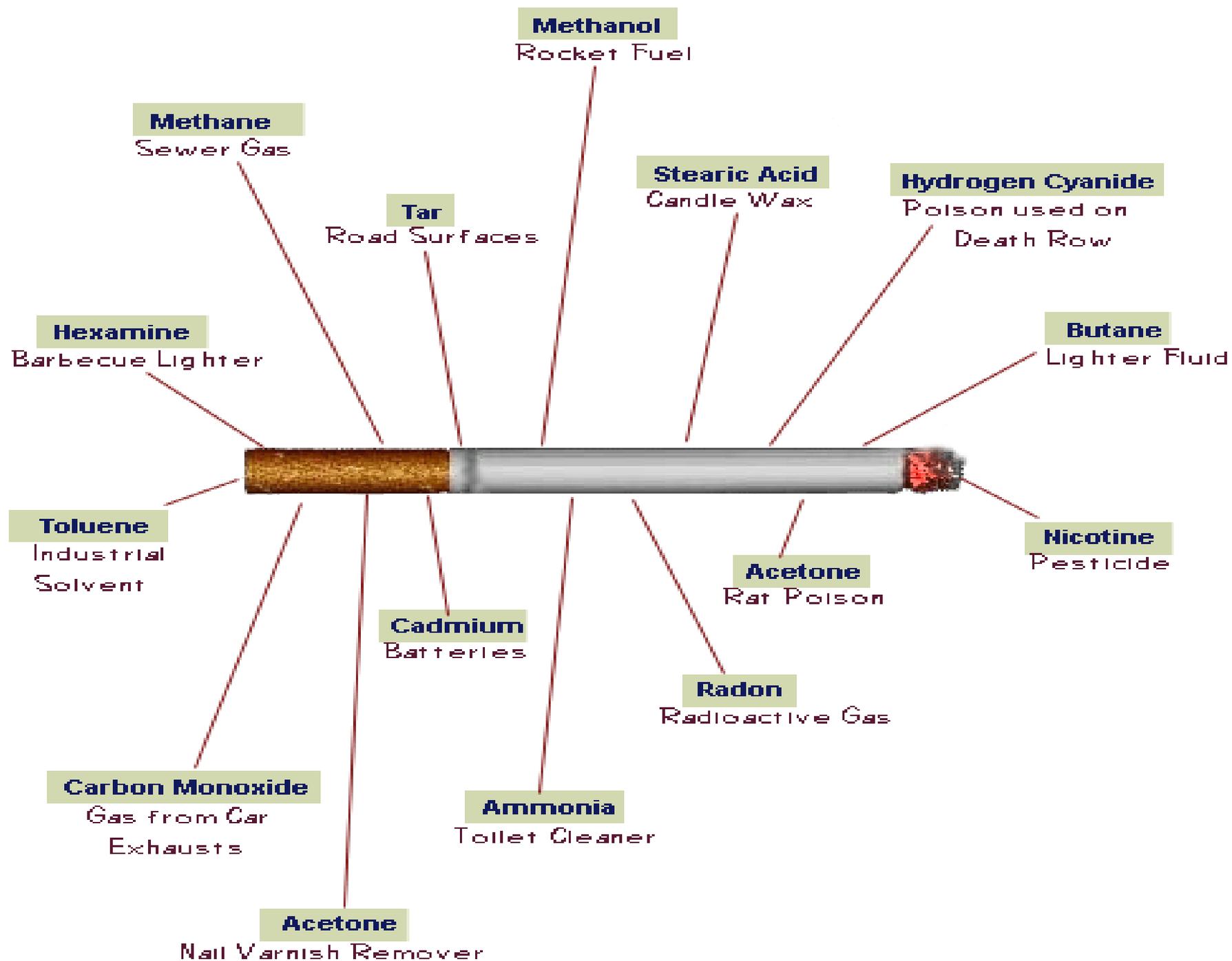
- Write down 5 reasons why you think people might smoke

What do you think this picture shows?





What is in a cigarette?



Carbon monoxide: combines with haemoglobin in red blood cells – reducing their capacity to carry oxygen

Hydrogen cyanide: a toxic colourless gas which is poisonous. Also dangerous for passive smokers.

Tar: causes **cancer** of the lungs, mouth and throat. It coats the surface of the breathing tubes and the alveoli. This causes coughing and damages the alveoli, making it more difficult for gas exchange to happen.

Nicotine: Highly addictive drug. Also increases your heart rate and blood pressure.

The effects of smoking:

Cancer

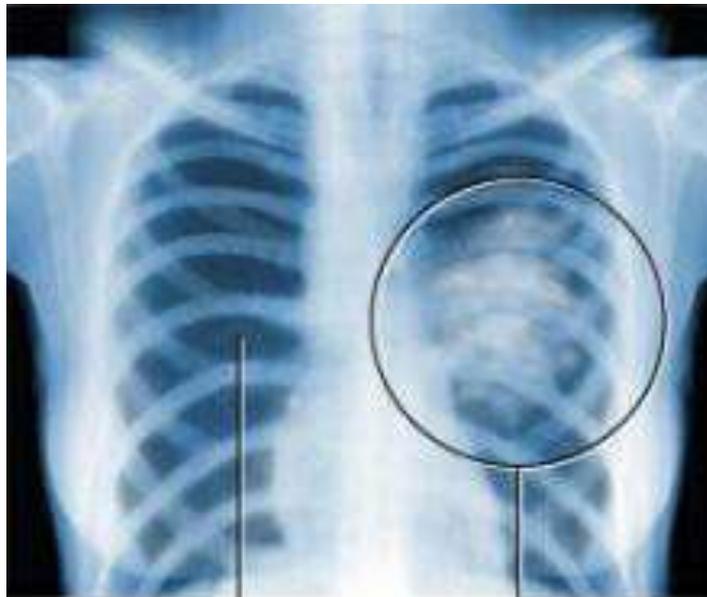
Bronchitis

Emphysema

Smokers cough

Cancer - Tobacco smoke contains at least 80 different cancer causing substances. When you inhale smoke, these chemicals enter your lungs and spread around the rest of your body.

Scientists have shown that these chemicals can damage DNA and change important genes. This causes cancer by making your cells grow and multiply out of control.

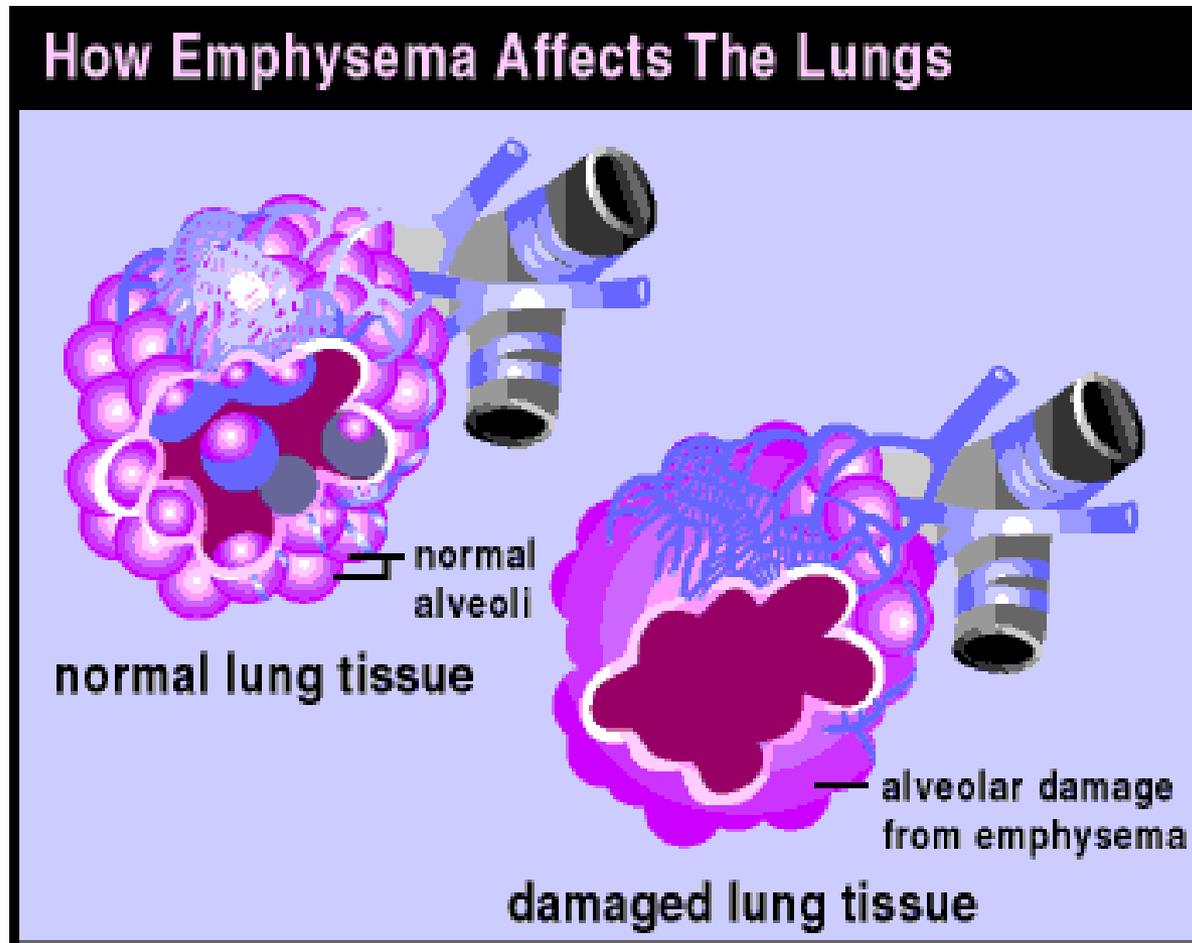


Normal lung

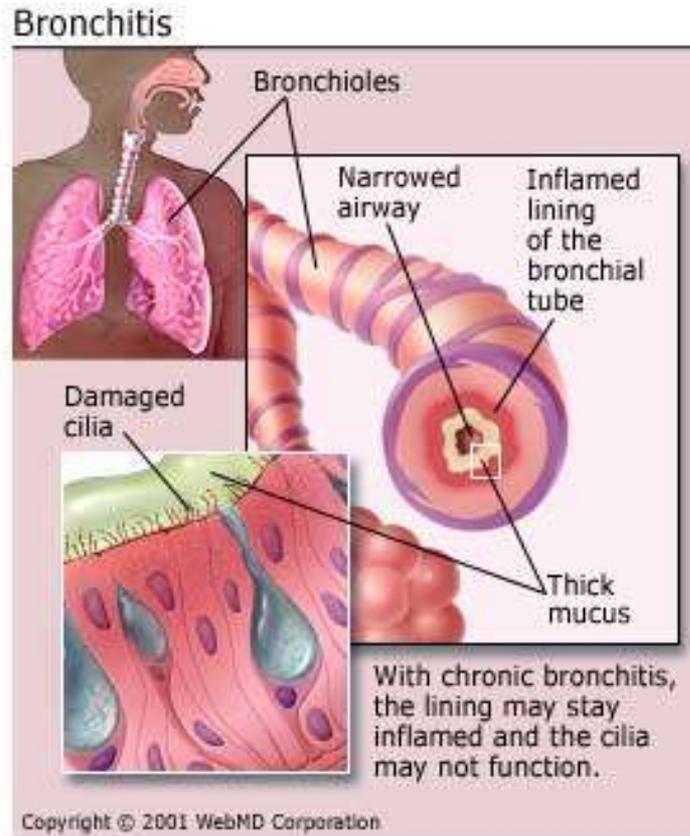
Cancerous tumour



Emphysema - destruction of the alveoli for gas exchange which causes extreme shortage of breath

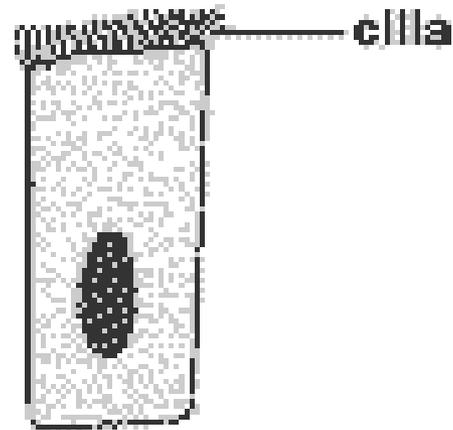


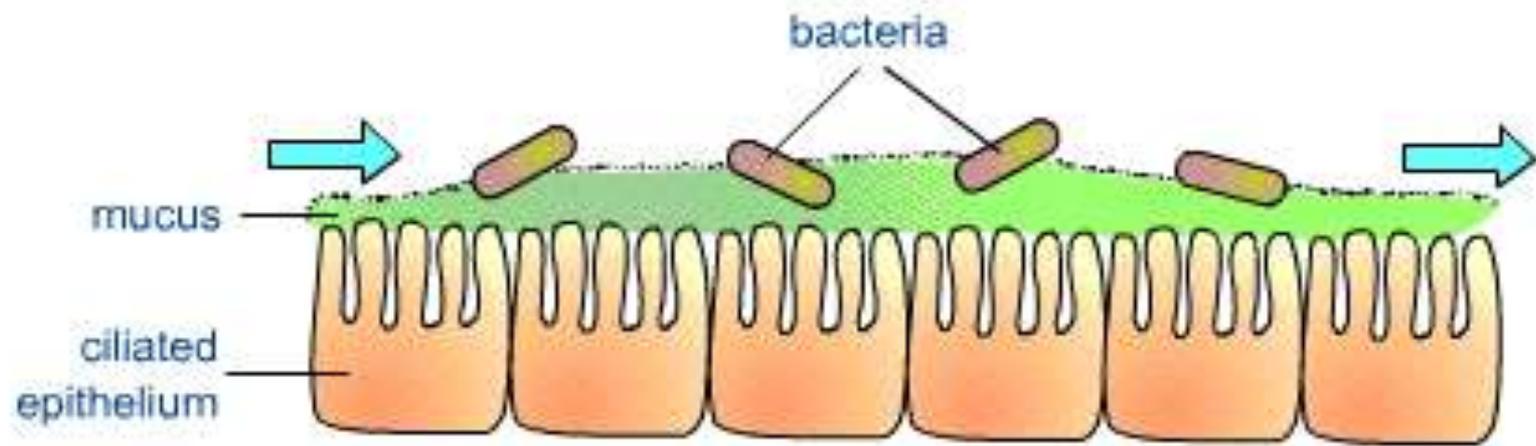
Bronchitis - The passages to the lungs are swollen and sore because the smoke irritates them.



Smoke - Cells in the lining of the breathing tubes produce sticky mucus to trap dirt and microbes. Cells with tiny hair-like parts, called **cilia**, normally move the mucus out of the lungs.

Hot smoke and tar from smoking damages the cilia. So smokers cough to move the mucus and are more likely to get **bronchitis**.





Can you think of some other effects of smoking?

1. You can lose your sense of smell and taste
2. Teeth become yellow – gross!
3. Your fingers will smell
4. Smelly breath and clothes
5. You can damage the health of your friends, children, family and other people who are near you when you smoke
6. Cannot succeed in sports
7. You are addicted and your life is controlled by your addiction

...and the COST

- 1 pack of cigarettes costs around £7
- As you become more addicted, you will smoke more and the cost to you will go up



Your task

- Using A4 paper
- Make a leaflet aimed at teenagers to try and persuade them not to smoke
- Use Page B2b of the workbooks to help you.

Plenary – role play

- In pairs – number yourselves 1 and 2
- Number 1's: You are about to start smoking and tell your friend (number 2s) why you want to
- Number 2's: You must try and persuade your friend that smoking is bad and they must not do it