

Say Goodbye to Cigarettes

Level: S2

Topic: Unit 7 Living Things and Air – Smoking and Health - Say Goodbye to Cigarettes

Introduction:

This set of ELA materials are developed for academically more able students. The ELAs are designed to discuss the effects of smoking on health. They aim to help students note the harmful chemicals in cigarettes and recognise the hazards caused by smoking. In the ELA, students are provided with opportunities to practise reading, writing, speaking and listening skills. This set of ELA materials includes a lesson plan, a worksheet, an assignment and a quiz.

ELA Lesson Plan

Description:

This ELA covers part of the Section 7.7, Unit 7 of the CDC Science syllabus. The students will evaluate the effects of smoking on health and learn the vocabulary involved, using English. Through watching video clips, group discussion and a reading activity, students are provided with opportunities to practise reading, writing, speaking and listening in English. A crossword puzzle is used as homework for consolidating the key terms introduced in the ELAs. A quiz is designed to assess students' understanding of the ELA content after the lesson.

Content

After completing the activity, students should be able to:

Objectives:

- state the chemicals in cigarettes that are harmful to our health; and
- evaluate the effects of smoking on health.

Language

After completing the activity, students should be able to:

Objectives

- understand and use the English terms related to this topic (e.g., *smoking, passive smoking, nicotine, carbon monoxide, tar, harmful substances, cigarettes, addicted to smoking, emphysema, chronic bronchitis, lung cancer and coronary heart disease, measures to take, prevent youngsters from smoking*);

- discuss in small groups in English “why a smoke-free environment is so important to the public” after viewing two English video clips about smoke-free indoor and outdoor places, and then report the results of their group discussion to the whole class in English;
- comprehend an English passage entitled *Say No to Cigarettes* and use the information from it to answer questions related to why cigarette smoking is harmful (e.g., What harmful substances can be found in cigarettes? Which of these substances is addictive? What disease(s) does smoking cause?); and
- draw on their prior knowledge to respond to two open-ended prompts in English: (i) If you were a Government Officer, what measures would you take to prevent youngsters from smoking? (ii) If one of your friends/relatives is a smoker, suggest two ways to help him/her quit smoking. In answering question (i), students should be able to use the sentence pattern: I would + infinitive, e.g., I would increase the fine of selling cigarettes to youngsters below 18. In making suggestions for (ii), students should be able to use the sentence pattern: I suggest somebody + bare infinitive, e.g., I suggest he/she get rid of all cigarettes, lighters and ashtrays at home.

- Activities:
1. Introduction – whole-class activity (5 min)
 2. Watching video clips – whole-class activity (5 min)
 3. Group Discussion – group work (10 min)
 4. Reading a passage – individual work and whole-class activity (30 min)
 5. Writing practice – individual work and whole-class activity (15 min)
 6. Summary – whole-class activity (5 min)

- Materials:
- 1 worksheet (WS: *Say Goodbye to Cigarettes*)
 - 1 homework (HW: *Smoking*)
 - 1 quiz

Remark: 1 computer connected with a projector is required.

Steps:

Introduction - whole-class activity (3 min)

1. Ask students to form groups of 4 to 6.
2. State the learning objective of the lesson and the learning activities arranged in this lesson.

Watching video clips – whole-class activity (7 min)

Refer to Teacher’s note (TN1)



3. Show a “No Smoking” sign  to students and ask what it means.
4. Ask students the following questions by displaying them on the board, one by one:
 - *Name the places in which smoking is prohibited. See TN1*
 - *What is the maximum penalty for smoking in a no smoking area? \$5,000*

Inform students that the amended Smoking (Public Health) Ordinance was enforced on 1/1/2007.

5. Play two video clips - [Smoke-free indoor places](#) and [Smoke-free indoor and outdoor places](#) – produced for the publicity campaign entitled ‘I love smoke-free Hong Kong’ (http://www.tco.gov.hk/english/health/health_pe.html).
6. Checks answers to the two questions with students.

Group Discussion – group work (10 min)

7. Distribute a rough work sheet to each group.
8. Raise the question: *Why smoke free environment is so important to the public?*
9. Let students discuss in groups for about 5 minutes and then report their discussion results. Ask them to write down their points on the rough work sheet.
10. During group discussion, provide students with language supports when necessary.

Refer to Teacher’s note (TN2)

11. Invite students of some groups to report their results of the discussion. When necessary, ask follow-up questions to help students elaborate their answers.

Reading & Listening – individual work and whole-class activity (30 min)

12. Distribute the worksheet (WS) to students.
13. Ask students to read the first two pages of WS for about 5 minutes and underline words that they don’t know.

Refer to Teacher’s note (TN3)

14. Go through the reading material with students section by section to check students’ understanding of the content. In each section, ask students the following questions:

- *What is this section about?* (The main idea of a section is indicated by its heading.)
- *Is there any word you don't know?* (explain these words, pronounce them and ask students to repeat after the teacher)

Refer to Teacher's note (TN4)

Reading & Writing & Answering – individual work and whole-class activity (15 min)

15. Let students answer the questions in 5 minutes.
16. Check the answers with students. Request students to provide their answers orally.

Refer to Teacher's note (TN5)

Summary – whole-class activity (5 min)

17. Summarize the lesson by asking students how they would persuade their friends or relatives to quit smoking.
18. Distribute the homework assessment to students.

Teacher's notes

TN 1: This activity, which is a listening practice, sets the discussion on the hazards of smoking and helps students learn some general vocabulary about places including indoor/outdoor areas, shops, restaurants, markets, elderly homes, cyber cafes, private members' clubs, toilets, indoor workplaces, employees' communal quarters, parks of LCSD (e.g. Hong Kong Wetland Park), stadiums (e.g. Hong Kong Stadium, Mong Kok stadium), beaches, universities, schools, public swimming pools, and hospitals.

TN 2: This activity aims to promote student-student interaction. Nevertheless, when necessary, the teacher is encouraged to provide language support, such as spelling of words and simple expressions, for students to express their opinions. Moreover, the teacher can take this opportunity to select some outstanding students to report the results of their group discussion.

TN3: This is a reading activity. The reading material provides the information for evaluating the effects of smoking.

TN4: Teachers may go through the section *Say 'No' to smoking* with students using role-play. Each time, two students present a way to refuse the temptation of smoking in a dialogue. They are encouraged to speak in an appropriate tone. The role-play may run in the following way:

1st round

Teacher: Hey! Have a cigarette...

Student A: This is a no smoking area, you can't smoke here!

2nd round

Student A: Hey! Have a cigarette...

Student B: (choose any one of the suggested responses that have not been presented.).....

3rd round

Etc.

TN5: The target vocabulary terms are recycled in this activity. Students practise the pronunciation of these terms when reporting their answers orally. When a student pronounces a term incorrectly, the teacher could invite other students to provide the correct one.

Please underline FIVE new words that you do not understand.

The hazards of smoking

1. Cigarette smoke contains many harmful chemical substances. These include:
 - Nicotine (尼古丁): it affects the nervous system and is addictive;
 - Carbon monoxide (一氧化碳): it reduces the amount of oxygen carried by the blood, causing tiredness and quicken the process of aging;
 - Tar (焦油): it can cause cancer, it makes people cough and it turns smokers' fingers and teeth yellow.
2. Smoking is associated with emphysema (肺氣腫) and chronic bronchitis (慢性支氣管炎).
3. Smoking increases the chance of lung cancer (肺癌) and coronary heart disease (冠心病).
4. Pregnant women who smoke are more likely to have lighter babies at birth or babies who die while still in the mother's womb (子宮).
5. Smoking affects the health of people around the smoker.
6. Children of smoking parents are more likely to smoke.

Passive smoking

Smoking is harmful not only to smokers, but also to the people around them through passive smoking. Passive smoking means breathing in smoke from cigarette smokers and the smoke given off by burning cigarettes. Studies show that these smokes can cause or are associated with heart disease, respiratory disease, lung cancer and other health problems.

Say 'No' to smoking

We all know that smoking is hazardous to health, but do you know how to resist peer pressure when your friend offers you a cigarette?

Be firm

"I don't want any! Keep them away from me!"

"I don't like smoking!"

Be protective

"This is a no smoking area, you can't smoke here!"

"It's the trend to quit smoking now, isn't it?"

Be humorous

"I don't want to hang around the garbage bin all day!"

"I'm in a low mood, smoking doesn't help!"

Be courageous to tell the truth

"Smoking is hazardous to health. I don't want to risk my life!"

"I'll play sports and smoking will affect my performance!"

Be courageous to leave the scene

"I've some urgent matter to deal with. I've got to go."

"I have a date soon. Bye!"



Hey! Have a cigarette....

Read the materials given and answer the following questions.

1. What kind(s) of harmful substances can be found in cigarettes?

2. What substance in the cigarettes makes a person become addicted to smoking?

3. What diseases does smoking cause?

4. If you were a Government officer, what measures (措施) would you take to prevent youngsters from smoking?

5. If one of your friends or relatives is a smoker, suggest two ways to help him/her quit smoking.

I suggest



Say No to Cigarettes

Please underline FIVE new words that you do not understand.

The hazards of smoking (adapted from Central Health Educational Unit – Health Zone
http://www.cheu.gov.hk/eng/info/smoking_01.htm)

1. Cigarette smoke contains many harmful chemical substances. These include:
 - Nicotine (尼古丁): it affects the nervous system and is addictive;
 - Carbon monoxide (一氧化碳): it reduces the amount of oxygen carried by the blood, causing tiredness and quicken the process of aging;
 - Tar (焦油): it can cause cancer; it makes people cough and it turns smokers' fingers and teeth yellow.
2. Smoking is associated with emphysema (肺氣腫) and chronic bronchitis (慢性支氣管炎).
3. Smoking increases the chance of lung cancer (肺癌) and coronary heart disease (冠心病).
4. Pregnant women who smoke are more likely to have lighter babies at birth or babies who die while still in the mother's womb (子宮).
5. Smoking is also harmful to people around the smoker.
6. Children of smoking parents are more likely to smoke.

Passive smoking (reference: http://www.tco.gov.hk/english/infostation/infostation_ssy.html)

Smoking is harmful not only to smokers, but also to the people around them through passive smoking. Passive smoking means breathing in smoke from cigarette smokers and the smoke given off by burning cigarettes. Studies show that these smokes can cause or are associated with heart disease, respiratory disease, lung cancer and other health problems.

Say 'No' to smoking (adapted from the pamphlet *Smoking and youths*,
http://www.tco.gov.hk/english/downloads/downloads_pp.html)

We all know that smoking is hazardous to health, but do you know how to resist peer pressure when your friend offers you a cigarette?

Be firm

"I don't want any! Keep them away from me!"

"I don't like smoking!"

Be protective

"This is a no smoking area, you can't smoke here!"

"It's the trend to quit smoking now, isn't it?"

Be humorous

"I don't want to hang around the garbage bin all day!"

"I'm in a low mood, smoking doesn't help!"

Be courageous to tell the truth

"Smoking is hazardous to health. I don't want to risk my life!"

"I'll play sports and smoking will affect my performance!"

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"I've some urgent matter to deal with. I've got to go."

"I have a date soon. Bye!"



Hey! Have a cigarette....

Read the materials given and answer the following questions.

1. What kind(s) of harmful substances can be found in cigarettes?

Nicotine (尼古丁)

Carbon monoxide (一氧化碳)

Tar (焦油)

2. What substance in the cigarettes makes a person become addicted to smoking?

Nicotine (尼古丁)

3. What diseases does smoking cause?

emphysema (肺氣腫), chronic bronchitis (慢性支氣管炎),

lung cancer (肺癌) and coronary heart disease (冠心病)

4. If you were a Government officer, what measures (措施) would you take to prevent youngsters from smoking?

(It is an open-ended question. Accept any reasonable answers such as

'I would increase the fine of selling cigarettes to youngsters below 18.')

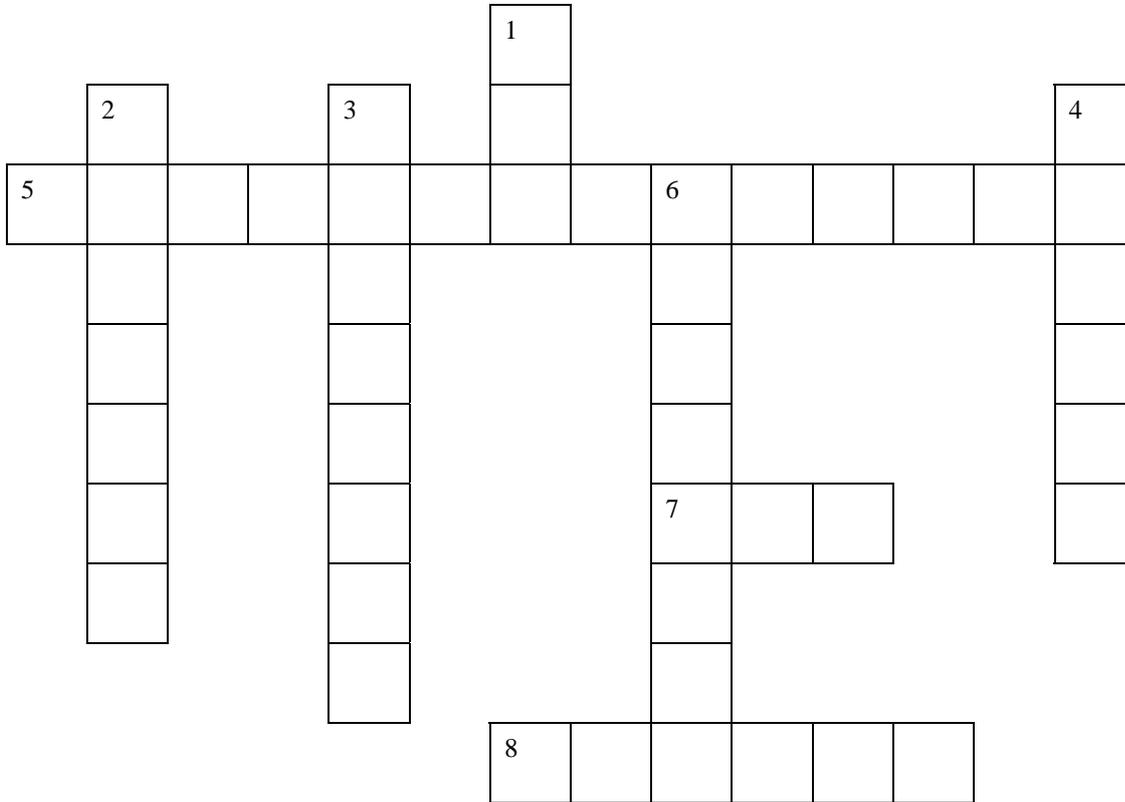
5. If one of your friends or relatives is a smoker, suggest two ways to help him/her quit smoking.

I suggest

- he/she make up his/her mind and mark a day to quit.
- he/she get rid of all cigarettes, lighters, and ashtrays at home.
- he/she choose to stay in the "No Smoking" zone in public areas.
- he/she tell his/her family and friends that he/she's quitted smoking.
- he/she put "No Smoking" signs in his/her locker, room and home.
- he/she be mentally prepared to fight against the 'urge' to smoke. Here are some suggestions:
 - ✓ Delay method: every time he/she wants to smoke, wait a few minutes instead of getting a cigarette immediately;
 - ✓ Take a deep breath and relax;
 - ✓ Drink water;
 - ✓ Occupy himself/herself with something else, such as taking a walk, doing exercise, or potting a plant.
- he/she keep fruit candies or chewing gum at hand to substitute(代替) for cigarettes.
- he/she reward himself/herself for not smoking, such as buying himself/herself a gift, or going to a movie.

(adapted from Central Health Educational Unit – Health Zone http://www.cheu.gov.hk/eng/info/smoking_01.htm)

Smoking



ACROSS

- 5** A gas which interferes with the carrying of oxygen
- 7** Found in cigarettes and causes cancer
- 8** Smokers have bad _____ which is very smelly

DOWN

- 1** Chewing_____ is used as a substitute for cigarettes
- 2** _____ smokers are also called second-hand smokers
- 3** Smoking can cause _____ heart disease
- 4** Colour of smokers' teeth and fingers
- 6** A chemical in cigarettes which affects the nervous system

Part A : Matching (4 marks)

Draw a line to join the word on the left with the phrase on the right to make a sentence that gives a correct meaning.

- | | | |
|--------------------|---|--|
| Smoking | ● | |
| Carbon monoxide | ● | ● affects the health of the people around you. |
| Emphysema | ● | ● affects our nervous system. |
| Tar | ● | ● turns smokers' fingers and teeth yellow. |
| Chronic bronchitis | ● | ● reduces the amount of oxygen carried by the blood. |
| Nicotine | ● | |

Part B : Fill in the blanks (3 marks)

1. (a) _____ smoking is the breathing in of smoke from cigarette smokers and the smoke given off by burning cigarettes.
2. Smoking increases the chance of (b) _____ cancer and (c) _____ heart disease.

Part C: Short question (5 marks)

Read the sentences below and answer the questions that follow.

Ah Ming is your friend. He is a young smoker but you are not. Sometimes, he smokes when sitting next to you. You cough when you breathe in the smoke. He feels sorry about this. However, he cannot stop himself from smoking.

1. What substance in the cigarettes makes Ah Ming become addicted to smoking? (1 mark)

2. Who is the passive smoker? Why? (2 marks)

3. Please suggest TWO ways that Ah Ming could do to quit smoking. (2 marks)

End of Paper

ELAs - Quiz on Smoking hazards to our health

S.2__

Name: _____ ()

Total: _____/12

Part A : Matching (4 marks)

Draw a line to join the word on the left with the phrase on the right to make a sentence that gives a correct meaning.

Smoking	●	●	affects the health of the people around you
Carbon monoxide	●	●	affects our nervous system.
Emphysema	●	●	turns smokers' fingers and teeth yellow.
Tar	●	●	reduces the amount of oxygen carried by the blood
Chronic bronchitis	●	●	
Nicotine	●	●	

Part B : Fill in the blanks (3 marks)

- (a) Passive smoking is the breathing in of smoke from cigarette smokers and the smoke given off by burning cigarettes.
- Smoking increases the chance of (b) lung cancer and (c) coronary heart disease.

Part C: Short question (5 marks)

Read the sentences below and answer the questions that follow.

Ah Ming is your friend. He is a young smoker but you are not. Sometimes, he smokes when sitting next to you. You cough when you breathe in the smoke. He feels sorry about this. However, he cannot stop himself from smoking.

- What substance in the cigarettes makes Ah Ming become addicted to smoking? (1 mark)

Nicotine

2. Who is the passive smoker? Why?

(2 marks)

I am a passive smoker since I breathe in the smoke given off from Ah
Ming's cigarettes.

3. Please suggest TWO ways that Ah Ming could do to quit smoking.

(2 marks)

Ah Ming could

- make up his mind and mark a day to quit.

- get rid of all cigarettes, lighters, and ashtrays at home.

- choose to stay in the "No Smoking" zone in public areas.
- tell his family and friends that he's quitted smoking.
- put "No Smoking" signs in his locker, room and home.
- be mentally prepared to fight against the 'urge' to smoke. Here are some suggestions:
 - ✓ Delay method: every time he wants to smoke, wait a few minutes instead of finding a cigarette immediately;
 - ✓ Take a deep breath and relax;
 - ✓ Drink water;
 - ✓ Occupy himself with something else, such as taking a walk, doing exercise, or potting a plant.
- keep fruit candies or chewing gum at hand to substitute(代替) for cigarettes.
- reward himself for not smoking, for example, buying himself a gift, or going to a movie.

(Any two of the above ways or other reasonable answers)