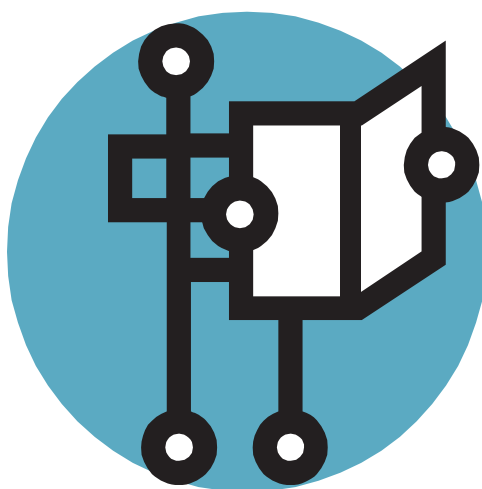


# LANGUAGE ARTS LESSON

## Reading and Writing About Secondhand Smoke

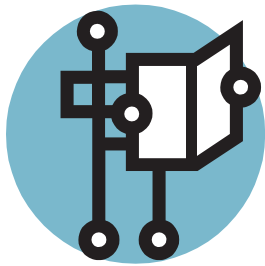


## TOBACCO and LITERACY EDUCATION PROJECT



JSI Research & Training Institute, Inc.  
New Hampshire Bureau of Adult Education, New Hampshire Department of Education  
With funding from the American Legacy Foundation

2007



*“My students responded very positively to this lesson. They worked together and independently for over an hour and stayed interested and focused.”*  
(ABE/GED Instructor)

## LESSON OVERVIEW

### Introduction

In this lesson students learn about secondhand smoke through reading and writing activities. The lesson provides language arts practice including reading comprehension, vocabulary development, and writing skills practice. While furthering the core language arts goals of the adult education classroom, this lesson meets a key tobacco education need: showing learners that secondhand smoke harms the health of nonsmokers, especially young children.

### Setting the Stage

Before beginning this lesson let students know that they will be enhancing their reading comprehension, vocabulary, and writing skills while at the same time learning about an important health topic. Explain that the goal of the lesson is not to push anyone to quit smoking, but to use a health topic that affects all of us to practice the language arts skills they will need to be successful in their jobs and in their lives.

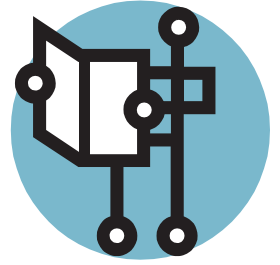
### Basic Skills Practice

- Reading comprehension – reading, understanding, and identifying facts
- Vocabulary development – increasing vocabulary related to secondhand smoke and family health
- Writing skills practice – developing a persuasive paragraph or essay

### Tobacco Education Objectives

After completing this lesson, students will be able to:

- Define secondhand smoke and identify three harmful ingredients in it
- State the health effects of exposure to secondhand smoke on nonsmoking adults
- Describe how exposure to secondhand smoke harms young children
- List three ways to reduce people’s exposure to secondhand smoke



## Materials

*Student Materials:* There is a student activity sheet for each of the activities in this lesson: Reading About Secondhand Smoke and Reading Comprehension Questions; Vocabulary Practice, Crossword Puzzle and Word Search; and Writing a Paragraph or Essay about Secondhand Smoke. Each activity sheet is designed to be copied as a one-page, two-sided handout. There is also a Take Home Activity sheet for additional practice.

*Teacher Materials:* There are Teacher Notes pages for each of the in-class activities and for the Take Home Activity. Teacher Notes pages include an answer key along with tips for teaching from the instructors who pilot-tested these lessons. Reflections from students are also included on the Teacher Notes.

*Background Materials:* Visit these Web pages for more information about secondhand smoke.

*“The reading sparked some interesting discussion. Students seemed to enjoy the class discussion quite a lot.” (Adult Diploma Instructor)*

### ➔ **The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General**

Web Page: [www.surgeongeneral.gov/library/secondhandsmoke/](http://www.surgeongeneral.gov/library/secondhandsmoke/)

Fact Sheets:

What is Secondhand Smoke?

Children are Hurt by Secondhand Smoke

How to Protect Yourself and Your Loved Ones from Secondhand Smoke

Secondhand Smoke Exposure in the Home

Secondhand Smoke Exposure in the Workplace

6 Major Conclusions of the Surgeon General Report

Home Page: [www.surgeongeneral.gov](http://www.surgeongeneral.gov)

### ➔ **Smoking & Tobacco Use**

Web Page: [www.cdc.gov/tobacco/data\\_statistics/Factsheets/index.htm](http://www.cdc.gov/tobacco/data_statistics/Factsheets/index.htm)

Fact Sheets:

Smoke-Free Policies Improve Air Quality and Reduce Secondhand Smoke Exposure

Smoke-Free Policies Reduce Smoking

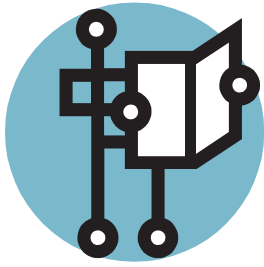
Smoke-Free Policies Receive High Levels of Public Support and Compliance

Smoke-Free Policies Do Not Hurt the Hospitality Industry

Ventilation Does Not Effectively Protect Nonsmokers from Secondhand Smoke

Home Page: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)





*“Students responded well to this lesson and they seemed to really enjoy it. They were both challenged and engaged.” (GED Instructor)*

## Language Arts Activities

### *Activity 1: Reading About Secondhand Smoke*

Learners read about secondhand smoke and answer reading comprehension questions. There are two versions of the reading: one is written at an intermediate level and the other is adapted for new readers. Use the version most appropriate for your class. In both versions, new vocabulary words are highlighted throughout the text.

### *Activity 2: Vocabulary Practice*

Learners define new vocabulary words and practice using them in a crossword puzzle and word search. As a pre-reading exercise have students discuss and define the highlighted vocabulary based on their previous experience and knowledge. Students may find the meaning of words within the context of the reading. Have students look up unfamiliar words in the dictionary before moving on to the crossword puzzle and word search.

### *Activity 3: Writing About Secondhand Smoke*

Learners use the ideas and vocabulary from the reading to write a persuasive paragraph or essay. The writing activity is offered at two levels; one includes a graphic organizer to aid in paragraph development, while the other asks students to develop a short essay. Use of this activity will depend on the focus and level of your class, student interest in the topic, and time availability.

### *Take Home Activity*

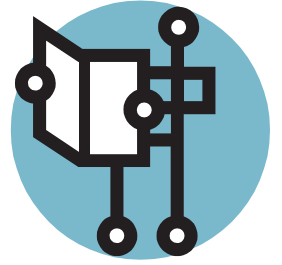
The Take Home Activity is designed to give students an opportunity for additional practice. It also provides a way for students to share with family and friends what they have learned about secondhand smoke.

## Post-Lesson Assessment

Ask students to share – orally or in writing – what they learned about secondhand smoke, and ideas they have for lessening people’s exposure to secondhand smoke.

# Activity 1:

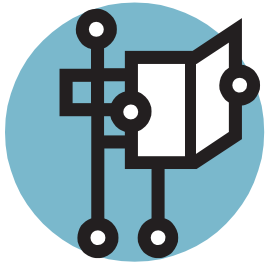
## Reading About Secondhand Smoke



**Secondhand smoke** is the smoke that comes from the burning end of a cigarette, pipe or cigar and the smoke that is exhaled by the smoker. Secondhand smoke is **inhaled** by adults and children who are near other people who are smoking. Millions of children and adults are **exposed** to secondhand smoke each year. Secondhand smoke is also called **involuntary** smoking, **passive** smoke, and environmental tobacco smoke (ETS).

Over 430,000 people in the United States (U.S.) die each year due to smoking. Smoking-related diseases include cancer, strokes, heart disease, lung disease, and other health problems. You may think that smoking only harms the smoker, but people who breathe secondhand smoke are also harmed.

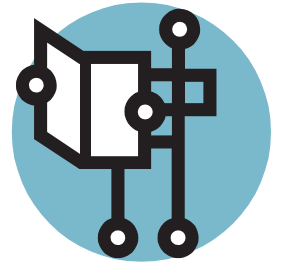
Secondhand smoke contains more than 250 **toxic** chemicals that can make people sick. More than 50 of these chemicals are **carcinogens**. The list of toxic and cancer-causing chemicals found in cigarette smoke includes formaldehyde (an embalming fluid), benzene (found in gasoline), ammonia (used to clean kitchens and toilets), arsenic (used in rat poison), cadmium (used in batteries), and lead (found in paint).



The U. S. Environmental Protection Agency (EPA) considers secondhand smoke to be a Group A carcinogen – a substance known to cause cancer in humans. People who inhale secondhand smoke breathe in the same cancer-causing chemicals as smokers. Breathing secondhand smoke for even a short time harms the **cardiovascular** system and increases the **risk** of heart attack. The EPA estimates that each year 50,000 deaths in nonsmokers are caused by secondhand smoke, including 3,400 deaths from lung cancer and 46,000 deaths from heart disease.

Because children are smaller than adults and are still growing, children are especially harmed by secondhand smoke. Studies show that children who are exposed to secondhand smoke have more colds, more ear infections, and more respiratory infections such as pneumonia and bronchitis than children who do not breathe secondhand smoke. Children with asthma who breathe secondhand smoke have more serious and more frequent asthma attacks. The EPA estimates that each year secondhand smoke causes 200,000 asthma attacks, almost 800,000 ear infections, and between 150,000 and 300,000 respiratory infections in children.

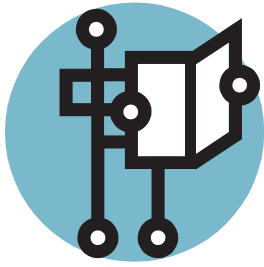
Babies living in homes where parents smoke are also at increased risk of Sudden Infant Death Syndrome (SIDS). SIDS is the sudden, unexpected death of an otherwise healthy infant. It is sometimes called “crib death.”



Almost 60% of children under age 12 in the United States are exposed to secondhand smoke. Home is where children are most often exposed. Adults who live with smokers are also exposed to secondhand smoke at home. A **smoke-free** home is the best way to reduce children’s and adults’ exposure to secondhand smoke.

Besides the home, the workplace is the other main place where nonsmokers breathe secondhand smoke. Secondhand smoke in the workplace is linked to increased risk of developing heart disease and lung cancer in nonsmoking adults. Workers in restaurants are more likely than other workers to be exposed to secondhand smoke, and the least likely to be protected by a smoke-free workplace policy. Smoke-free workplace policies are the best way to protect workers from exposure to secondhand smoke.

According to the U.S. Surgeon General there is no safe level of exposure to secondhand smoke. “No smoking” sections in restaurants, ventilation systems, and air filters just do not work to remove secondhand smoke from the air. The only effective way to prevent exposure to secondhand smoke is to **eliminate** smoking in all indoor places. Many states and towns have laws that **ban** smoking in schools, hospitals, restaurants, government buildings, and other public places. Many workplaces have smoke-free policies and offer quit-smoking programs to employees.



Still, millions of Americans suffer the health **consequences** of involuntary smoking, especially children. Here are some ways you can protect children from secondhand smoke:

1. Make home a smoke-free zone.
2. Do not allow smoking in the car.
3. Ask people not to smoke around children.
4. Choose restaurants that are smoke-free.
5. Make sure day care centers, schools, and after school programs are smoke-free.
6. If you smoke, try to quit.

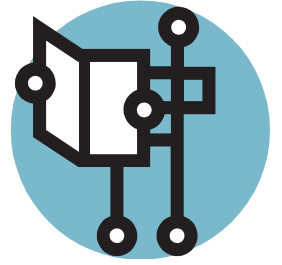
**For more information and help quitting smoking, talk to your health care provider or call 1-800-QUITNOW (1-800-784-8669), or visit [www.smokefree.gov](http://www.smokefree.gov)**

Source: *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. [www.surgeongeneral.gov/library/secondhandsmoke/](http://www.surgeongeneral.gov/library/secondhandsmoke/)

# Activity 1:

## Reading About Secondhand Smoke

(Adapted for New Readers)



### Vocabulary

#### What is secondhand smoke?

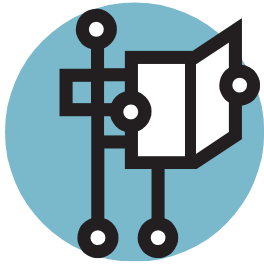
**Secondhand smoke** is the smoke that comes from the burning end of a cigarette, pipe or cigar and the smoke that is **exhaled** by a smoker. Secondhand smoke is **inhaled** by adults and children who are near people who are smoking. Millions of children and adults are **exposed** to secondhand smoke each year. Secondhand smoke is also called **involuntary** smoking, **passive** smoke, and environmental tobacco smoke (ETS).

exhale  
exposed  
inhale  
involuntary  
passive  
secondhand smoke

#### Is secondhand smoke harmful?

You might think that smoking only harms smokers, but people who breathe secondhand smoke are also harmed. Secondhand smoke contains more than 250 **toxic** chemicals that can make people sick. More than 50 of these chemicals are **carcinogens** (cause cancer) in humans. Breathing in secondhand smoke even for a short time harms the **cardiovascular** system and increases the risk of heart attack. Each year in the U.S. secondhand smoke causes about 50,000 deaths in nonsmokers, including 3,400 deaths from lung cancer and 46,000 deaths from heart disease.

carcinogens  
cardiovascular  
toxic



## Vocabulary

bronchitis  
exposed  
pneumonia  
respiratory  
risk  
Sudden Infant  
Death Syndrome  
(SIDS)

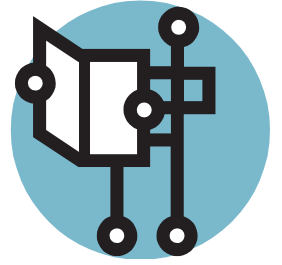
smoke-free

### How is secondhand smoke harmful to children?

Secondhand smoke is harmful to infants and young children. Studies show that children **exposed** to secondhand smoke have more colds, more ear infections, and more **respiratory** infections such as **bronchitis** and **pneumonia** than children who do not breathe secondhand smoke. Children with asthma who breathe secondhand smoke have more serious and more frequent asthma attacks. Babies living in homes where parents smoke are also at increased **risk** of **Sudden Infant Death Syndrome (SIDS)**. SIDS is the sudden, unexpected death of a healthy baby. It is sometimes called “crib death.”

### Where are people most likely to breathe secondhand smoke?

Almost 60% of children under 12 years old in the United States are exposed to secondhand smoke. The home is where children are exposed to secondhand smoke the most. Secondhand smoke exposure in the home and workplace is linked to increased risk for heart disease and lung cancer in nonsmoking adults. A **smoke-free** home is the best way to reduce children’s and adults’ exposure to secondhand smoke. Smoke-free workplace policies are the best way to protect workers from exposure to secondhand smoke.



## Vocabulary

ban

eliminate

## What are some ways to reduce exposure to secondhand smoke? ?

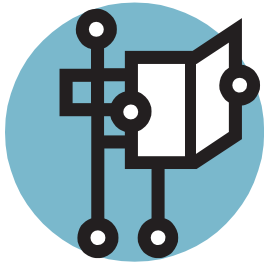
According to the U.S. Surgeon General there is no safe level of exposure to secondhand smoke. “No smoking” sections in restaurants, ventilation systems and air filters just do not work to remove secondhand smoke from the air. The only effective way to prevent exposure to secondhand smoke is to **eliminate** smoking in all indoor places. Many states and towns have laws that **ban** smoking in schools, hospitals, restaurants, government buildings, and other public places. Many workplaces have smoke-free policies and offer quit-smoking programs to employees.

## What can you do about secondhand smoke?

Millions of Americans suffer the health **consequences** of involuntary smoking, especially children. Here are some ways you can protect children from secondhand smoke:

1. Make home a smoke-free zone.
2. Do not allow smoking in the car.
3. Ask people not to smoke around children.
4. Choose restaurants that are smoke-free.
5. Make sure day care centers, schools, and after school programs are smoke-free.
6. If you smoke, try to quit.

consequences

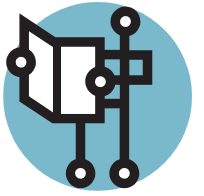


**For more information and help quitting smoking, talk to your health care provider or call 1-800-QUITNOW (1-800-784-8669), or visit [www.smokefree.gov](http://www.smokefree.gov)**

Source: *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006. [www.surgeongeneral.gov/library/secondhandsmoke/](http://www.surgeongeneral.gov/library/secondhandsmoke/)

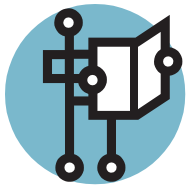
# Activity 1:

## Reading Comprehension



**Directions:** Circle or write in the best answer to each of the following questions based on the reading about secondhand smoke.

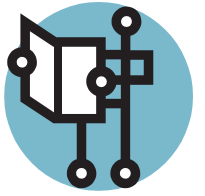
1. What is secondhand smoke?
  - a. The smoke that comes from a second cigarette
  - b. The smoke that comes from the burning end of a cigarette, pipe, or cigar and the smoke that is exhaled by the smoker
  - c. The smoke that a smoker breathes in
  - d. The smoke that a nonsmoker breathes out
  
2. About how many nonsmokers die each year due to exposure to secondhand smoke?
  - a. 3,400
  - b. 46,0000
  - c. 50,000
  - d. 200,000
  
3. Children who breathe in secondhand smoke are more likely than children not exposed to secondhand smoke to be sick from which of the following?
  - a. Ear infections
  - b. Bronchitis
  - c. Pneumonia
  - d. All of the above
  
4. Where are children most often exposed to secondhand smoke?
  - a. At home
  - b. In public parks
  - c. At school
  - d. In restaurants
  
5. Which of the following statements is supported by the reading?
  - a. Secondhand smoke is especially harmful to the elderly.
  - b. Sitting in the “no smoking” section of a restaurant is the best way to prevent exposure to secondhand smoke.
  - c. It’s okay to smoke with children in the car if the windows are down.
  - d. Many states and towns have laws that ban smoking in public places.



6. List three other names for secondhand smoke.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
7. What are some ways to prevent exposure to secondhand smoke? List three ways to prevent exposure.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
8. If someone you know wants to quit smoking, where could they go for help with quitting? Name three sources of quit-smoking information and support.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

## Activity 2:

# Vocabulary Practice – Defining Words



**Directions:** Write the definitions in your own words, from memory, by looking at the reading about secondhand smoke, or by using the dictionary.

ban:

bronchitis:

carcinogen:

cardiovascular:

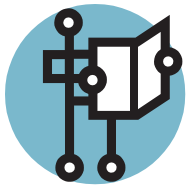
consequences:

eliminate:

exhale:

exposed:

inhale:



**involuntary:**

**passive:**

**pneumonia:**

**respiratory:**

**risk:**

**secondhand smoke:**

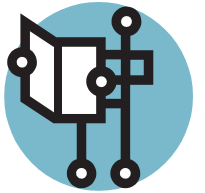
**Sudden Infant Death Syndrome (SIDS):**

**smoke-free:**

**toxic:**

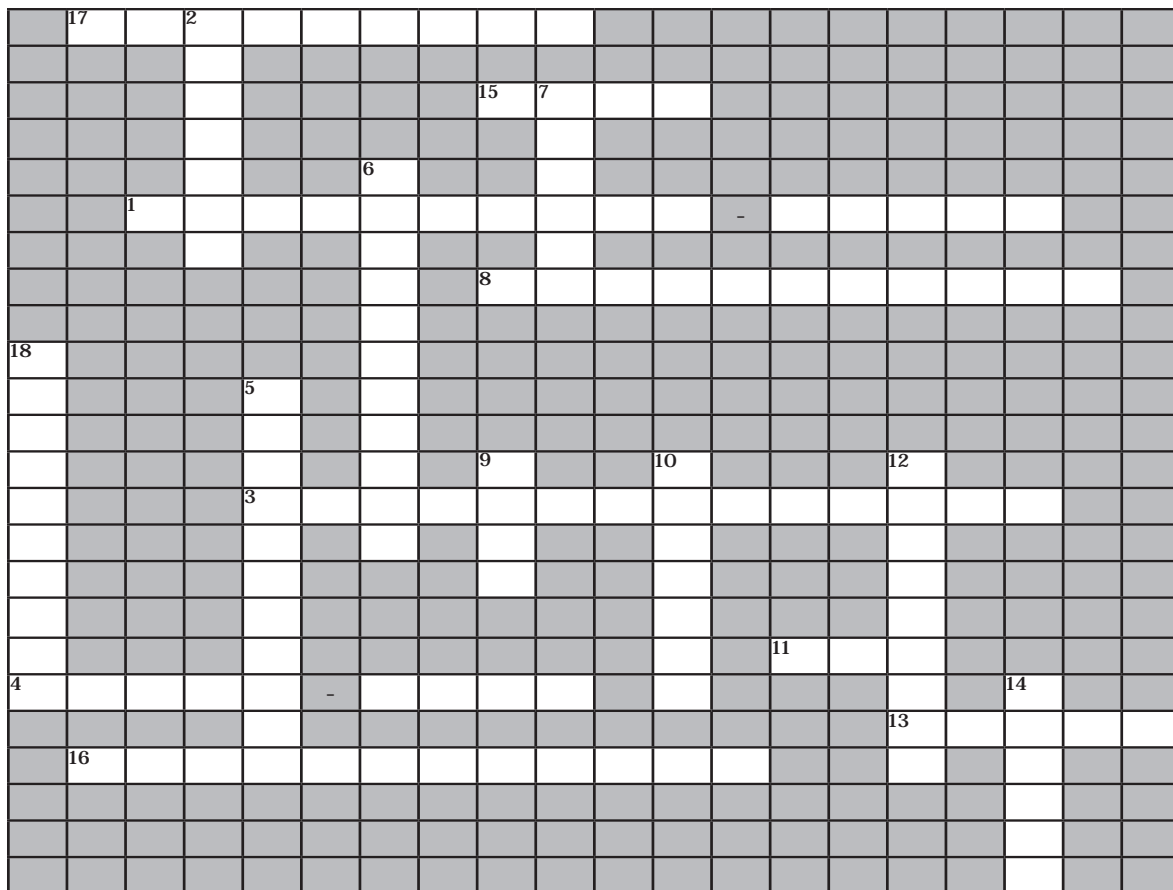
# Activity 2:

## Vocabulary Practice—Crossword Puzzle



**Directions:** Use vocabulary words from the reading about secondhand smoke to complete the crossword puzzle.

ban	exhale	respiratory
bronchitis	exposed	risk
carcinogens	inhale	secondhand smoke
cardiovascular	involuntary	SIDS
consequences	passive	smoke-free
eliminate	pneumonia	toxic

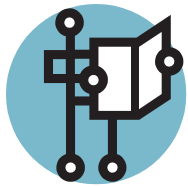


**Across:**

1. the smoke that comes from the burning end of a cigarette, pipe or cigar or is breathed out by a smoker
3. having to do with the heart and blood vessels
4. where there is no smoking
8. having to do with breathing and the lungs
11. to not allow
13. poisonous
15. Sudden Infant Death Syndrome
16. the results or effects of something
17. a respiratory illness

**Down:**

2. to be without protection
5. chemicals that cause cancer
6. not voluntary, not your choice
7. to breathe in
9. the possibility or chance that something might happen
10. another word for secondhand smoke is \_\_\_\_\_ smoke
12. to get rid of
14. to breathe out
18. another respiratory illness



# Activity 2:

## Vocabulary Practice—Word Search

**Directions:** Search for the secondhand smoke vocabulary words listed below. Words can be found running down, across, diagonally, forward, and backwards.

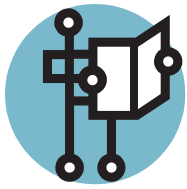
ban  
 bronchitis  
 carcinogens  
 cardiovascular  
 consequences  
 eliminate

exhale  
 exposed  
 inhale  
 involuntary  
 passive  
 pneumonia

respiratory  
 risk  
 secondhand smoke  
 SIDS  
 smoke-free  
 toxic

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





## Activity 3:

### Writing a Paragraph about Secondhand Smoke

**Directions:** Use the outline below along with ideas and vocabulary from the reading to write a paragraph about secondhand smoke.

**Title:** \_\_\_\_\_

**Topic sentence:** Did you know smoking can be harmful to nonsmokers? In this paragraph I'm going to describe what secondhand smoke is, how it is dangerous to nonsmokers, and what you can do about it.

Secondhand smoke is \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Secondhand smoke causes many health problems, for example, \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

If you are concerned about secondhand smoke, here are some things you can do.

First, \_\_\_\_\_

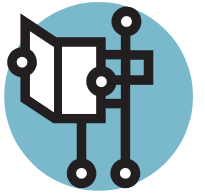
\_\_\_\_\_  
\_\_\_\_\_

In conclusion, \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

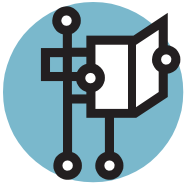
# Take Home Activity:

## Reading and Writing about Secondhand Smoke



Check your knowledge about secondhand smoke by answering the questions below.

1. What is secondhand smoke? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
2. Which chemicals are found in secondhand smoke?
  - a. Formaldehyde
  - b. Benzene
  - c. Lead
  - d. All of the above
  
3. Name two illnesses that children who breathe secondhand smoke get more often than children who do not breathe secondhand smoke.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  
4. True or false? Babies who breathe secondhand smoke have a greater risk of Sudden Infant Death Syndrome (SIDS).
  - a. True
  - b. False
  
5. Which is the only effective way to prevent exposure to secondhand smoke?
  - a. Air filters
  - b. Not smoking in cars, homes and workplaces
  - c. “No smoking” sections in restaurants
  - d. Ventilation systems



Where have you seen this symbol before? Write one or two sentences about what this symbol means, and the reasons why you often see it posted in public places.



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To find a quit-smoking helpline in your state call 1-800-QUITNOW  
(1-800-784-8669), or visit [www.smokefree.gov](http://www.smokefree.gov)

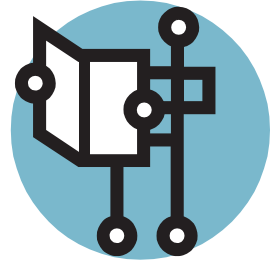
# TEACHER NOTES

## Activity 1: Reading Comprehension

### Answer Key

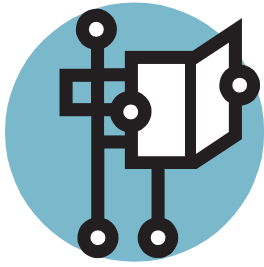
**Directions:** Choose or write in the best answer to each of the following questions based on the reading about secondhand smoke.

1. What is secondhand smoke?
  - a. The smoke that comes from a second cigarette
  - b. The smoke that comes from the burning end of a cigarette, pipe, or cigar and the smoke that is exhaled by the smoker (correct answer)**
  - c. The smoke that a smoker breathes in
  - d. The smoke that a nonsmoker breathes out
  
2. About how many nonsmokers die each year due to exposure to secondhand smoke?
  - a. 3,400
  - b. 46,0000
  - c. 50,000 (correct answer)**
  - d. 200,000
  
3. Children who breathe in secondhand smoke are more likely than children not exposed to secondhand smoke to be sick from which of the following?
  - a. Ear infections
  - b. Bronchitis
  - c. Pneumonia
  - d. All of the above (correct answer)**
  
4. Where are children most often exposed to secondhand smoke?
  - a. At home (correct answer)**
  - b. In public parks
  - c. At school
  - d. In restaurants



### Tips from Teachers

*“I read the reading and students used highlighters to mark vocabulary and important facts. I handed out the comprehension questions and read them aloud as well. Students answered the questions in small groups and we reviewed the answers as a whole group.” (ABE/GED Instructor)*



## Tips from Teachers

*“Students took turns reading selected paragraphs out loud to the group. As we read through the selection we discussed the vocabulary and the context in which the word was used.” (Adult Diploma Instructor)*

*“The reading sparked interesting discussion about addiction and the difficulties of quitting. After the discussion the class completed the comprehension questions individually or in pairs.” (Adult Diploma Instructor)*

5. Which of the following statements is supported by the reading?
  - a. Secondhand smoke is especially harmful to the elderly.
  - b. Sitting in the “no smoking” section of a restaurant is the best way to prevent exposure to secondhand smoke.
  - c. It’s okay to smoke with children in the car if the windows are down.
  - d. **Many states and towns have laws that ban smoking in public places. (correct answer)**
  
6. List three other names for secondhand smoke.
  - a. **Involuntary smoking** \_\_\_\_\_
  - b. **Passive smoke** \_\_\_\_\_
  - c. **Environmental tobacco smoke (ETS)** \_\_\_\_\_
  
7. What are some ways to prevent exposure to secondhand smoke? List three ways to prevent exposure.
  - a. **Make home a smoke-free zone** \_\_\_\_\_
  - b. **Do not allow smoking in the car** \_\_\_\_\_
  - c. **Ask people not to smoke around children** \_\_\_\_\_
  
8. If someone you know wants to quit smoking, where could they go for help with quitting? Name three sources of quit-smoking information and support.
  - a. **Health care provider** \_\_\_\_\_
  - b. **1-800-QUITNOW** \_\_\_\_\_
  - c. **www.smokefree.gov** \_\_\_\_\_

# TEACHER NOTES

## Activity 2: Vocabulary Practice

### Answer Key: Defining Words

**Directions:** Write the definitions in your own words, from memory, by looking at the reading about secondhand smoke, or by using the dictionary.

**ban:** to not allow

**bronchitis:** a respiratory illness

**carcinogen:** a substance that causes cancer

**cardiovascular:** having to do with the heart and blood vessels

**consequences:** the results or effects of something

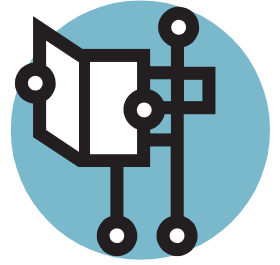
**eliminate:** to get rid of

**exhale:** to breathe out

**exposed:** to lack protection, to be subject to

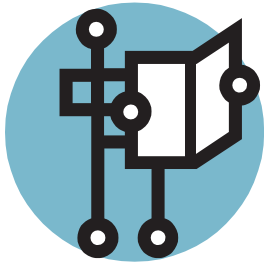
**inhale:** to breathe in

**involuntary:** not voluntary, not your choice



### Tips from Teachers

*"Each student defined two vocabulary words. They could use the reading passage or the dictionary. They read their definition and we made sure it was easy to understand. Then I wrote the definitions up on the board. In the end all students had written definitions for all the words." (ABE/GED Instructor)*



## Tips from Teachers

*“After discussing the meaning of each word I gave students a vocabulary sort activity. Students cut out the definitions and vocabulary and correctly matched the words with their respective definitions.”  
(GED Instructor)*

**passive:** not active, to have something done to you rather than doing the action yourself

**pneumonia:** a respiratory illness

**respiratory:** having to do with breathing and the lungs

**risk:** the possibility or chance that something might happen

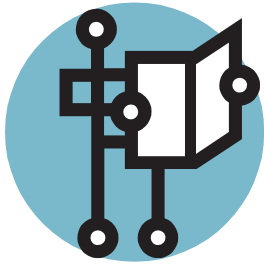
**secondhand smoke:** the smoke that comes from the burning end of cigarette, pipe or cigar, and the smoke that a smoker exhales

**Sudden Infant Death Syndrome (SIDS):** the sudden, unexplained death of an infant, also called “crib death”

**smoke-free:** without tobacco smoke, where smoking is not allowed

**toxic:** harmful, poisonous





## Tips from Teachers

*“Each student took a word search to complete for homework. They really like having those to bring home. One of my students took an extra one home for her boyfriend.”  
(ABE/GED Instructor)*

**Directions:** Search for the secondhand smoke vocabulary words listed below. Words can be found running down, across, diagonally, forward, and backwards.

ban	exhale	respiratory
bronchitis	exposed	risk
carcinogens	inhale	secondhand smoke
cardiovascular	involuntary	SIDS
consequences	passive	smoke-free
eliminate	pneumonia	toxic

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

# TEACHER NOTES

## Activity 3: Writing an Essay about Secondhand Smoke

### Answer Key

**Directions:** Choose a topic and write a short essay that states your point of view. Use your personal experience and knowledge to support your view.

**Topic 1:** Should all restaurants be smoke-free?

**Topic 2:** Do you think outdoor spaces like public parks and beaches should be smoke-free?

**Topic 3:** How does having a smoke-free home affect the people who live there?

New readers and less experienced writers may use the graphic organizer provided to write a paragraph about secondhand smoke.

**When evaluating students' writing, consider the following.**

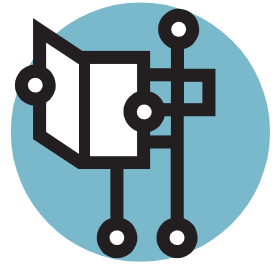
*Response:* Is there a clear main idea? Does the essay or paragraph remain on topic?

*Organization:* Does each paragraph have a topic sentence and supporting detail? Does the conclusion review the main ideas?

*Details:* Does each paragraph include details and examples that support the writer's point of view?

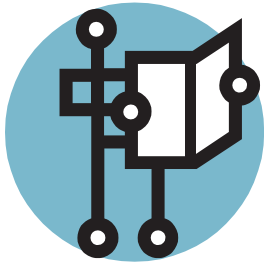
*Conventions:* Are all sentences complete sentences? Do all subjects and verbs agree? Are verbs in the correct tense? Are words spelled correctly? Is capitalization used correctly?

*Vocabulary:* Is the vocabulary varied? Are words used appropriately?



### Tips from Teachers

*"I developed my own essay questions and put them on the board: 1) How does secondhand smoke affect you? and 2) Why do you find it difficult to quit smoking? Then I reviewed the parts of a paragraph (topic sentence, body, and conclusion) and parts of an essay (introduction, supporting paragraphs, and conclusion). I encouraged stronger writers to take the challenge of writing a 4-5 paragraph essay while less advanced writers were required to respond with at least one paragraph. I assisted students on an individual basis during the writing and revision process." (GED Instructor)*



## Student Reflection

*“The reading [about secondhand smoke] got me thinking in new ways about my smoking. I no longer think it is harmless.”  
(ABE/GED Student)*

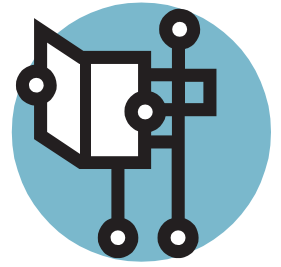
# TEACHER NOTES

## Take Home Activity: Reading and Writing about Secondhand Smoke

### Answer Key

Check your knowledge about secondhand smoke by answering the questions below.

1. What is secondhand smoke? \_\_\_\_\_  
**The smoke that comes from the burning end of a cigarette, cigar or pipe and the smoke that is exhaled by the smoker.**
2. Which chemicals are found in secondhand smoke?
  - a. Formaldehyde
  - b. Benzene
  - c. Lead
  - d. All of the above (correct answer)**
3. Name two illnesses that children who breathe secondhand smoke get more often than children who do not breathe secondhand smoke.
  - a. **bronchitis**
  - b. **pneumonia**
4. True or false? Babies who breathe secondhand smoke have a greater risk of Sudden Infant Death Syndrome (SIDS).
  - a. True (correct answer)**
  - b. False
5. Which is the only effective way to prevent exposure to secondhand smoke?
  - a. Air filters
  - b. Not smoking in cars, homes and workplaces (correct answer)**
  - c. “No smoking” sections in restaurants
  - d. Ventilation systems



## Answer Key

Where have you seen this symbol before? Write one or two sentences about what this symbol means, and the reasons why you often see it posted in public places.



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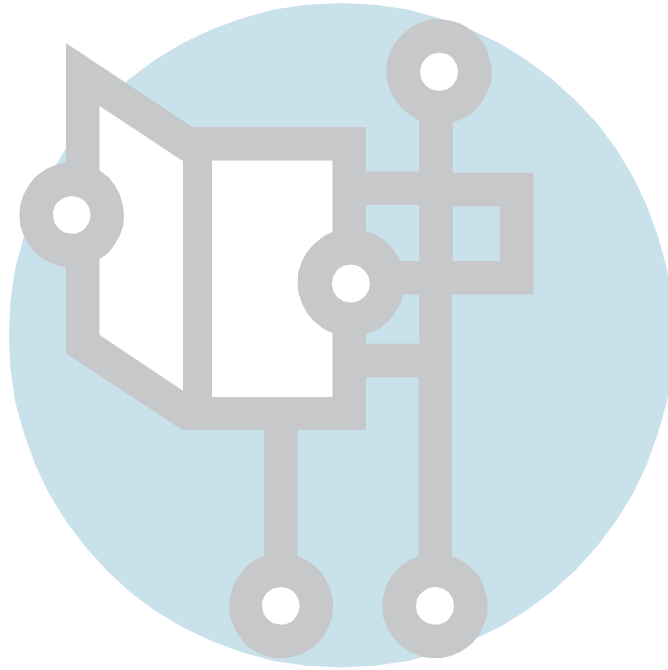
**Students may see this symbol in schools, hospitals, restaurants, airports, government buildings, and other public places. The symbol means “no smoking” and is posted in places where smoking is not allowed. Posting this symbol in indoor places helps protect children and nonsmoking adults from exposure to second smoke.**

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## Student Reflection

*“I was astonished about secondhand smoke. I learned how it affects other people and now I try not to smoke around my kids.” (GED Student)*



# TOBACCO and LITERACY EDUCATION PROJECT



2007

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