

Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Oral Health
Grade 6
Lesson 4

Lesson 4: Smoking and Your Mouth

Curriculum Expectations:

- Learn healthy dental practices

Objectives:

Students will:

- Identify that smoking is bad for their overall health
- Identify that smoking is bad for their dental health
- Describe the relationship between smoking and teeth
- Recognize the benefits of being tobacco-free
- Practice reading

Suggested Outline

Section 1: Introduce Today’s Lesson “Smoking and Your Mouth”

Section 2: Discuss the negative effects smoking/tobacco products can have on your health, teeth, gums and mouth. Discuss the benefits of being smoke free.

Section 3: “Smoking and Your Mouth” activity sheet

Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Section 2: Discuss the negative effects smoking/tobacco and the benefits of being tobacco free

Ask students if they know what could happen if they smoke or use tobacco products. Smoking causes cancer, heart disease, lung diseases and high blood pressure. It also stains your fingers and makes you smell bad. Ask the students if they know what smoking/tobacco can do to their teeth, gums and mouth. Smoking causes teeth to turn yellow, dulls sense of taste and creates bad breath. The heat and chemicals irritate the gums and soft tissues of the mouth which can lead to gum disease or possibly cancer of the mouth.

Discuss how everything previously mentioned can be avoided by not smoking or using tobacco products such as chewing tobacco, cigars or pipes. See attached resources for additional information on oral health and smoking.



Section 3: “Smoking and Your Mouth” activity sheet

Hand out the activity sheet “Smoking and Your Mouth”

- Have the students read the first paragraph and answer the questions
- The answers to the questions are in the first paragraph

Section 4: Conclusion

Review the benefits of being smoke/tobacco free and the harm that using tobacco products can cause.

