

# Tobacco Literacy Module

## Teacher's Instructional Guide



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This guide is intended for use with the foto-novela *Mario Decides to Quit*. The following activities are to be completed at your discretion after your students read the foto-novela. The purpose of these activities is to ensure the students comprehend the health material in the foto-novela and, at the same time, develop skills in the English language.

- Review of Vocabulary Words
- Comprehension Questions
- Word Search
- Word Matching
- Crossword Puzzle
- Information on Asthma
- Discussion on Quitting
- Additional Resources for Instructors

## Review of Vocabulary Words

Directions: Review the following words with your class to ensure a basic understanding of the words and the story.

- Addiction (*adicción*) – persistent compulsive use of a substance known by the user to be harmful
- Asthma (*asma*) – a chronic lung disorder
- Chemicals (*productos químicos*) – a substance obtained by a chemical process or producing a chemical effect
- Dangerous (*peligroso*) – able or likely to inflict injury or harm
- Decide (*decidir*) – to make a final choice or judgment
- Diagnosis (*diagnostico*) – the art or act of identifying a disease from its signs and symptoms
- Harm (*daño*) – physical or mental damage
- Health (*salud*) – the general condition of the body
- Quit (*dejar*) – to depart from or out of
- Sick (*enfermo*) – affected with disease or ill health
- Tobacco (*tabaco*) – the leaves of cultivated tobacco prepared for use in smoking
- Toxins (*toxinas*) – a poisonous substance

Source: <http://www.merriam-webster.com/dictionary>

## Comprehension Questions

Directions: Use the words in the box to fill in the blanks.

- Asthma	- Quit
- Chemicals	- Toxins

- Juan quit smoking because his son, Fernando, has \_\_\_\_\_.
- Mario decides to \_\_\_\_\_ smoking after his wife wakes up coughing.
- Smoking is harmful because of the \_\_\_\_\_ and \_\_\_\_\_ in cigarettes.

## Word Search

Directions: Find and circle the words listed in the box. Words may be vertical or horizontal.

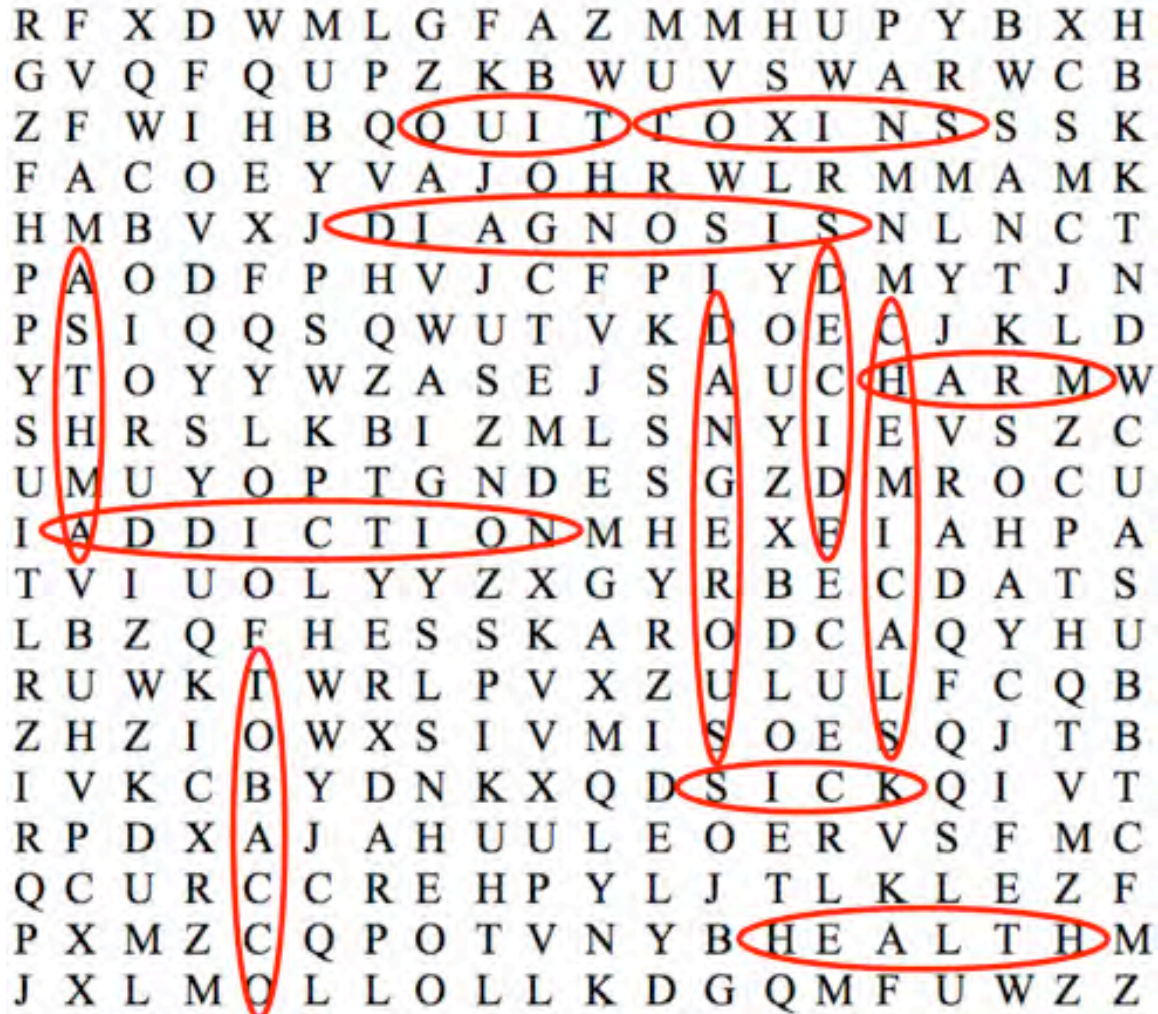
R F X D W M L G F A Z M M H U P Y B X H  
G V Q F Q U P Z K B W U V S W A R W C B  
Z F W I H B Q Q U I T T O X I N S S S K  
F A C O E Y V A J O H R W L R M M A M K  
H M B V X J D I A G N O S I S N L N C T  
P A O D F P H V J C F P I Y D M Y T J N  
P S I Q Q S Q W U T V K D O E C J K L D  
Y T O Y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

Source: <http://tools.atozteacherstuff.com/word-search-maker/wordsearch.php>

- |             |             |
|-------------|-------------|
| - ASTHMA    | - DIAGNOSIS |
| - CHEMICALS | - HEALTH    |
| - TOBACCO   | - DECIDE    |
| - QUIT      | - HARM      |
| - DANGEROUS | - SICK      |
| - TOXINS    | - ADDICTION |

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## Word Matching

Directions: Draw a line that connects each Spanish word with its English translation.

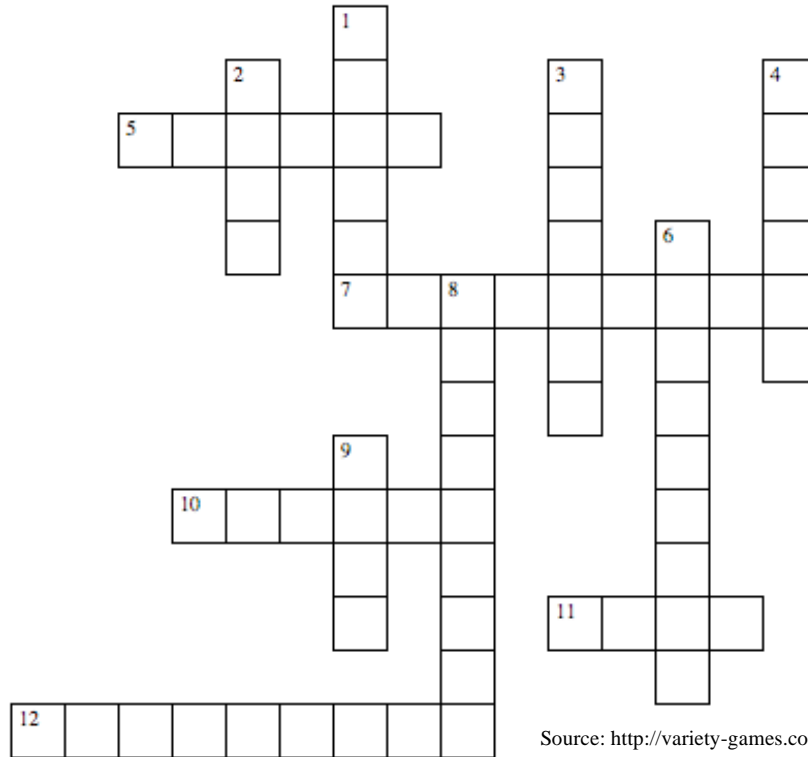
### Spanish Word

### English Word

- |                             |           |
|-----------------------------|-----------|
| • <i>Productos químicos</i> | Decide    |
| • <i>Tabaco</i>             | Health    |
| • <i>Decidir</i>            | Sick      |
| • <i>Dejar</i>              | Addiction |
| • <i>Peligroso</i>          | Toxins    |
| • <i>Toxinas</i>            | Harm      |
| • <i>Asma</i>               | Dangerous |
| • <i>Adicción</i>           | Diagnosis |
| • <i>Daño</i>               | Chemicals |
| • <i>Salud</i>              | Quit      |
| • <i>Diagnostico</i>        | Asthma    |
| • <i>Enfermo</i>            | Tobacco   |

## Crossword Puzzle

Directions: Read the clues and fill in the spaces with the correct words.



Source: <http://variety-games.com/CW>

### Down

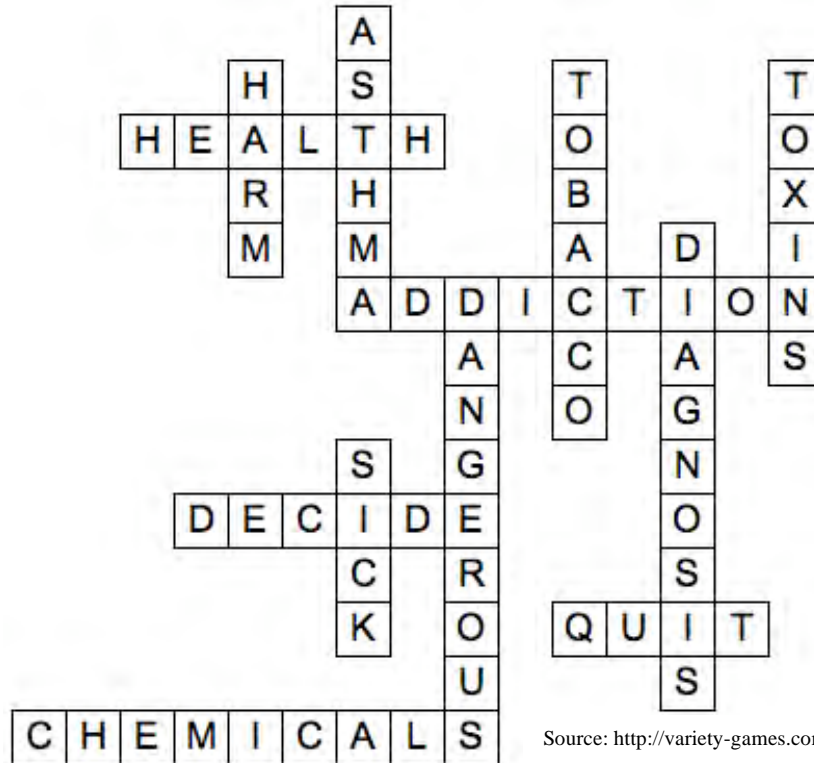
1. Fernando was diagnosed with \_\_\_\_\_.
2. Physical or mental damage
3. The leaves from \_\_\_\_\_ are cultivated and prepared for us in smoking
4. A poisonous substance
6. The art or act of identifying a disease from its signs and symptoms
8. Cigarette smoke is \_\_\_\_\_ to Mario's wife and baby.
9. Affected with disease or ill health

### Across

5. The general condition of the body
7. Mario has an \_\_\_\_\_ to cigarettes.
10. To make a final choice or judgment
11. Mario decides to \_\_\_\_\_ smoking.
12. The \_\_\_\_\_ and toxins in cigarette smoke is dangerous.

## Crossword Puzzle

Directions: Read the clues and fill in the spaces with the correct words.



Source: <http://variety-games.com/CW>

Down

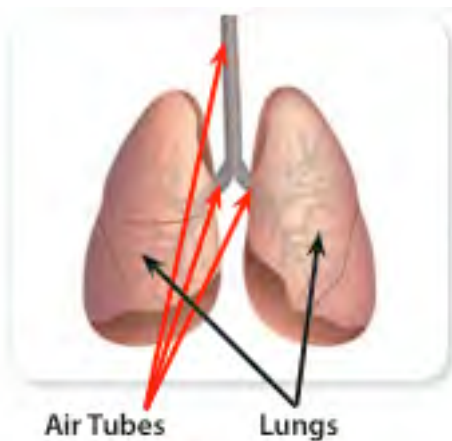
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12. The \_\_\_\_\_ and toxins in cigarette smoke is dangerous.

## Information on Asthma

Directions: Share the following basic information on asthma with the class. Links and additional information can be found under the “Additional Resources for Instructors” section that you may use to setup your lesson plan.



Asthma is a problem with the tubes that carry air to you lungs. If the air tubes become narrower or close up it is hard to breathe. In an asthma attack, you feel like you cannot get enough air. While asthma is common in children, the majority of people with asthma are adults.

<u>Risk Factors</u>	<u>Warning Signs</u>	<u>Examples of Treatments</u>
<ul style="list-style-type: none"><li>• Family history</li><li>• Air pollution</li><li>• Smoking</li><li>• Cigarette smoke</li><li>• Low birth weight</li><li>• Overweight/Obesity</li><li>• Exposure to chemicals</li><li>• Dust, animals hairs at home</li><li>• Allergies</li></ul>	<ul style="list-style-type: none"><li>• Wheezing sound when you breathe</li><li>• Trouble breathing</li><li>• Tight feeling in your chest</li></ul>	<ul style="list-style-type: none"><li>• Use an inhaler</li></ul> 

## Discussion on Quitting

Directions: This activity will serve as a classroom discussion between students and the instructor. You may choose to ask the following questions to initiate the discussion.

- How many of you have family members who smoke?
- Do you know of anyone who has had health problems because of smoking?
- Do you know anyone who has tried to quit smoking?
- What techniques did those individuals who tried to quit smoking use?
- Have you ever asked anyone to smoke outside because it was bothering you?
- What would you do if an older family member who is a smoker came to visit your newborn baby? Would you ask them to smoke outside?
- If you or a family member has decided to quit, where would you go for help?

## Additional Resources for Instructors

These are supplemental resources you may use to gather further information on smoking and its effects.

- Staying Healthy: An English Learner's Guide to Health Care and Healthy Living (A publication of the Florida Literacy Coalition, Inc.)  
<http://www.floridaliteracy.org/FLCHLP/files/SE%20Files/CompleteSEbook.pdf>
- [www.healthykids.org](http://www.healthykids.org)
- [www.nemours.org](http://www.nemours.org)
- [www.AHECtobacco.com](http://www.AHECtobacco.com)
- American Lung Association  
[www.lungusa.org](http://www.lungusa.org)
- Florida QuitLine

