



Anti-Tobacco Lesson #5

Poisons in Tobacco

This is an excellent demonstration of some of the toxic ingredients found in cigarettes.

Materials needed: insect repellent, nail polish remover, household cleaner containing ammonia, and a small toy car.

According to the Centers for Disease Control and Prevention, cigarette smoke contains more than 7,000 toxic chemicals, including some of the same chemicals that are in the materials you've gathered. Now pick up each one of the materials and label them as you talk about each one.

Insect repellent: There's a chemical called DDT in cigarettes, which is used in insecticide to kill bugs. If it kills insects, imagine what it does to the inside of a person who smokes?

Cleaner: The vapors of ammonia can make you sick — just imagine inhaling it!

Nail Polish Remover: Most nail polish removers contain acetone, which is also found in cigarettes. Acetone can be harmful if ingested.

Toy car: The tailpipe on a real vehicle releases carbon monoxide and so do cigarettes.

Follow up by leading a discussion: Do you think people who smoke think about how they are damaging their lungs? Are these poisons something you would want to put in your body?

Note: This activity should be performed with a parent or guardian present.

I'm Blaze, the Braggin' Blue Dragon®. I don't smoke or use tobacco. I eat right, get plenty of exercise and feel great!

Third through fifth grade Oklahoma students are invited to join Blaze at *Be Smart-Don't Start Anti-Tobacco Day* on **Tuesday, May 7** at **Science Museum Oklahoma**. Museum visitors receive free admission!

PARTNERS

