

Kim Griffith

Health Lesson Plan

Lesson Topic:

Alcohol, Tobacco, and Other Drugs.

Which is Which? Candy or Medicine?

Background Information:

Grade level: Kindergarten

Materials Needed:

1. Poster paper with four different kinds of candies and four different kinds of medicines glued on. Each should be unwrapped and only two of each kind should be used. (Candies: Good and Plenty, Cherry Certs, Pez, Necco; Medicine: Benadryl, Alka Seltzer, Roloids, Tylenol)

2. Four small papers that say medicine and four that say candy along with tape to later be placed on the poster board as labels.

3. Four different kinds of medicine and candy in packages which look alike.

boxed: Good and Plenty/Luduen's Cough Drops

rolled: Cherry Certs/Roloids

wrapped: hard candy suckers/Hall's Cough Drops

squared: cough drops/gum

Anticipatory Set:

The teacher will ask the question: What would happen if a healthy person takes medicine? The students have already learned the benefits of medicine and now must decide what medicine will do to a healthy person. They will discuss whether it

will hurt them because they are not sick, or not effect them because they are healthy.

Behavioral Objective:

The students will demonstrate the ability to practice health- enhancing behaviors and reduce health risks.

Student Objective:

The students will examine the differences between medicine and candy to better recognize the relationship between personal health behaviors and individual well-being.

Purpose:

The teacher should explain that the purpose of this lesson is for the students to understand that medicine is harmful to a healthy person. The students should be told how medicine may be taken accidentally because it resembles different foods, especially candy. This lesson will help them to never make that mistake.

Input:

The effects that medicine has on a healthy person will now be explained. The teacher will discuss some side effects caused by unneeded medicine such as becoming dizzy, drowsy, or having a rapid heart beat. Now the teacher will remind the students how important it is not to take medicine by mistake (i.e. thinking it is candy).

Modeling:

The teacher will bring out the poster holding four different candies and four different medicines. The students will now try and identify which is candy and which is medicine. This can be done by picking volunteers to answer or counting a poll by a show of hands. The teacher will correct the ones missed. Then the teacher will tell the class the name of each candy and medicine.

Checking for Understanding:

The teacher will ask the students to discuss and point out what candy and medicine look alike. They will tell things that are similar like size, shape, and color. This will allow them to see how easily medicine can be mistaken for candy.

Input:

The teacher will tell how even packaging between candy and medicine may have the same shapes, sizes, and colors.

Modeling:

The teacher will hold up four different kinds of medicine packaging and show how their packaging looks like four different candy packaging.

Input:

The teacher will inform the students of different ways to tell a candy package from a medicine package. First the words "warning" and "tablets" should be written on the board, and explained as key words found on medicine's packaging. Also, the teacher should explain how candy and medicine are in different parts of the food store, so candy will never be found aside medicines.

Checking for Understanding:

The students will look at the medicines for the key words. They also will look at the candy packaging for words used on each. The students should be in a close circle. Only the teacher should hold the medicines for fear of intake by students.

Closure:

The circle will review how medicine can be harmful to a healthy person. The teacher will inform the students that if they ever find candy or question if something is candy, they should bring it to a responsible adult to be sure it is candy.

Guided Practice:

The circle can answer and discuss questions about different situations that will show if they are responsible and are cooperating with people who want to keep them free from harm. For example, while walking on the playground, you find a bottle with what looks like candy inside. What would you do? Bring it to a responsible adult and do not take what is inside.)