

## JUNIOR Costly Choices

Grades 4-6

### Activity Description

Students explore the short-term and long-term effects of tobacco use on both physical health and finances over time.



#### Materials

- Article (see attachments)
- Information Sheet (see attachments)
- KWL Chart/Graphic Organizer (see attachments)

#### Learning Goals

I can explain the effects of smoking on physical health and finances over time.

#### Curriculum Expectations

C2 Making healthy choices, C3 Making connections to healthy eating

#### Cross-Curricular Expectations

**Language:** [Oral Communication](#), [Reading](#)

**Mathematics (Gr.4-6):** [Number Sense and Numeration](#)

#### Key Concepts

Considering future and life events, Decision-making, Making healthy choices

#### Minds On

- Teacher co-creates KWL Chart with students by having them Think-Pair-Share about what they think they know about tobacco use and what they wonder (questions).
- Teacher asks students to reflect on what the connections might be between smoking, health and money (finances). The ideas are added to the class KWL Chart.

#### Action

- Teacher introduces students to two centres. An article teaches students about what goes into making cigarettes and their short-term and long-term health risks. An information sheet shows students the cost of cigarettes, which they calculate over years.
- Students complete both activities in groups using the KWL Chart/Graphic Organizer worksheet.

#### Consolidation

- Teacher leads class discussion about making healthy choices. This information is added to the class KWL Chart.
- Students share their calculations of cigarette costs over time (1, 15 and 40 years) and discuss financial implications.

### Extended Learning

- How can decisions that affect our health be connected to our financial well-being?
- How can smoking affect someone's financial life in the present and future?