

HARMFUL SUBSTANCES AND HOW TO AVOID TAKING THEM

3.20.2019

Subject

SOCIAL STUDIES

Prepared By

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Grade Level

1

Overview

This lesson plan covers teaching content for:

- 1.The meaning of Harmful substances.
- 2.Examples of Harmful Substances.
- 3.Preventing intake of Harmful Substances.

Objectives

By the end of this unit, students should be able to:

1. Explain the meaning of harmful substances.
2. Give at least five (5) examples of harmful substances.
3. Mention at least five (5) dangers of harmful substances to the body.
4. Mention at least five (5) ways of preventing intake of harmful substances.

Activity Starter/Introduction

1. Many people today do not bother about what and eat or drink, as long as they can afford it.
2. They consume whatever they can lay their hands on.
3. In the process, they face different health challenges that are too numerous to count.
4. To live a healthy life, some substances which are considered harmful or which purity cannot be verified should be avoided.

Teacher Guide

Day 1/Lesson 1–10Mins

1. Pupils have learnt and can recognize substances.
2. Help the pupils recall the substances they know.
3. Lead as follows:
 - **Mention the substances you know.**
 - **Separate the ones that are good for consumption from the ones that are not good for consumption.**

Activity Starter/Introduction

1. The avoidance of harmful substances is a sure way to good health and a happy living.

Guided Practice

Day 2/Lesson 2–20Mins

1. Start the class by explaining the meaning of harmful substances as food, water, fruits or drugs that are unfit for human consumption.
2. Pupils are guided by teacher to identify harmful substances.
 - **Is it good to consume bad food, water, fruit or expired drugs?**
 - **What will happen to someone who consumes them?**
3. Pupils see examples of bad food, drinks drugs from a chart, pictures or a video clip.

Materials Required

- Charts
- Video clip,
- Resource person
- Real objects

Additional Resources

- <https://passnownow.com/classwork-ex-series-social-studies-jss2-harmful-subst>
- <http://www.schoolmattazz.com/2016/1/substances/>

Additional Notes

Day 3/Lesson 3–20Mins

1. Help the Pupils identify the dangers of these substances to the body, guide them by asking these lead questions:
 - **Can drinking dirty water make one sick?**
 - **Can taking harmful substances affect the way we grow?**
 - **What happens to us if we eat unripe fruits?**
 - **What happens to those who take expired drugs?**
 - **Does smoking cigarette damage our lungs?**
 - **What can happen to a drunk who drives?**
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Day 4/Lesson 3–20Mins

1. Leading from the last point, pupils mention ways of preventing intake of harmful substances.
 2. A resource person can also explain this to the pupils by listing some of the following;
 - **Avoid eating stale, poorly cooked, dirty and infested foods.**
 - **Avoid taking expired food and drugs.**
 - **Take only drugs that are prescribed by the doctor or physician.**
 - Wash fruits thoroughly before eating.
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Assessment Activity

1. Explain the meaning of harmful substances.
 2. Give two (2) examples of harmful substances.
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Assessment Activity

1. What are the differences between helpful substances and harmful substances?
 2. Mention two (2) ways of preventing intake of harmful substances.
 3. What are the dangers in taking harmful substances?
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Summary
