

Recipe of a Cigarette Activity

<u>Purpose & Preparation</u>	<u>Procedure</u>
<p>Purpose:</p> <p>Learning about the chemicals present in a cigarette is essential to student’s understanding of smoking risks.</p> <p>This activity allows students to visualize some of the many chemicals present in cigarettes.</p> <p>Materials Needed:</p> <ul style="list-style-type: none"> ○ Printed and cut copies of the “Ingredients and Products” Handout ○ Recipe of a Cigarette Activity Slides (Optional) <p>Handout:</p> <p>Ingredients and Products Handout</p>	<p>Procedure:</p> <p>As a class, watch the linked FDA videos linked below and have a class discussion using the debriefing questions as a guide.</p> <p>Talking points are italicized. Instructions that are not meant to be read to the class are not italicized.</p> <p>FDA Videos</p> <ul style="list-style-type: none"> ● Watch the tobacco growth video (1:36 min) ● Watch the video about cigarette manufacturing (1:26 min) ● Watch the video on cigarette smoke (1:18 min) <p>Video Debrief Talking Points</p> <ul style="list-style-type: none"> ● <i>What were a few take away messages from this video series?</i> ● <i>Many of the chemicals found in different forms of tobacco are extremely harmful. Even if you know that there are over 7000 chemicals in a cigarette, it can be difficult to understand what that really means and why you should care.</i> ● <i>We’re going to compete in a game to see if you can identify where some of the chemicals in a cigarette are often found in other products on the market.</i> <p><i>More directions below, please continue reading</i></p>



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- *Just to be clear, all of these products contain at least one chemical in common with cigarettes, although they are not necessarily used to make cigarettes. For example, rat poisoning is not an ingredient in cigarettes, but it does share at least one chemical in common with cigarettes.*
- *In teams of four, you will match the cigarette chemical with the product that also contains that chemical. Whichever team is able to match the most chemicals and products wins.*

Matching Game

- After watching the videos and facilitating the discussion, divide the class into groups of 3-5 and provide each group with a set of game cards. Give a signal to indicate the beginning of the game and allow the groups to try and pair the chemical with the product that contains that chemical.
- Allow the teams to work on pairing the chemical and product for 5 min and read off the matching pairs to the class. Whichever group had the most correct pairs wins the game.

Matching Game Debrief Talking Points

- *Before completing your homework assignment, had you ever heard of the chemical you researched?*
- *Why is it important to know about the content of a cigarette?*
- *The tobacco industry knowingly sells a product that is known to be harmful. What are your thoughts about this?*

More directions below, please continue reading



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Ingredients and Products

- **Acetone** – nail polish remover, paint stripper
- **Acetic Acid** – hair dye
- **Ammonia** – floor and toilet cleaner
- **Arsenic** – rat poison
- **Benzene** – rubber cement
- **Butane** – cigarette lighter fluid
- **Cadmium** – rechargeable batteries
- **Carbon Monoxide** – car exhaust fumes
- **DDT/Dieldrin** – insecticides/banned insecticide
- **Formaldehyde** – body, tissue, and fabric preserver
- **Nitrobenzene** – gasoline additive
- **Nitrous Oxide Phenols** – disinfectant
- **Phenol** – used in disinfectants and plastics
- **Vinyl Chloride** – ingredients found in garbage bags, plastics

