



Republic of the Philippines
Department of Education
Region V (BICOL)
Division of Legazpi
Banquerohan National High School
Banquerohan, Legazpi City



Lesson Plan in **English 9**
Using Newspaper in Teaching Reading (USENTER)
By: **Maria Bella L. Barquilla**

I. OBJECTIVE

1. Recognize/analyze tone/mood of the selection
2. Make slogan depicting the effects of smoking
3. Participate in group activities

II. SUBJECT MATTER

TOPIC:	Recognizing/analyzing tone/ mood of selection
REFERENCE:	“The Dangers of Tobacco” by Dr. Gary S. Sy, Manila Bulletin
MATERIAL/S:	PowerPoint Presentation LCD Projector
SKILLS:	Recognizing mood and tone of the selection
VALUES:	Awareness to specific societal issue, cooperative learning and community connection

III. PROCEDURE

A. Brainstorming

- ❖ Divide the class into four (4) groups
- ❖ Let the students brainstorm on the following topics:
 - Causes of death
 - Favorite advertisements
 - Signs in the school campus or office
 - Tips for long life

B. Vocabulary

Arrange the jumbled letters to form the words with the given definition opposite them.

TRA	– particulate residue from tobacco smoke
RCANBO MEDIXONO	– a colorless odorless toxic gas
EMSEMAPHY	– a chronic medical disorder of the lungs
TBAOCCO	– the dried leaves of a plant of the nightshade family, processed primarily for smoking in cigarettes, cigars and pipes
NCIOITNE	– an alkaloid poison that occurs in tobacco; used in medicine and as an insecticide

C. Reading Activities

Group work

- Divide the class into three groups and give each group one part of the text.
- Let one student read aloud the material to his group.
- Let them give or guess the title or the main idea of the topic.
- Let the class arrange the materials in logical order and label the parts (Introduction, Negative Ideas and Positive Ideas)
- Have them tell the mood of each part, whether positive or negative mood or tone

Reading Questions

- One of the chemicals acts mainly on the nervous and cardiovascular system
 - a. nicotine
 - b. tar
 - c. oxygen
 - d. carbon monoxide
- What are the effects of smoking?
- If smokers stop smoking early, they will be able to:
 - a. buy some cigarettes
 - b. help the cigarette manufacturer
 - c. improve their health
 - d. avoid throwing cigarette butts everywhere
- What are the ways to stop people from smoking?
- Should one quit smoking? Why or why not?
- If you were the author, which important fact would you include in the article?
 - a. number of smokers in the Philippines
 - b. number of non-smokers in the Philippines
 - c. number of dangerous chemicals in tobacco
 - d. number of smokers who died

IV. EVALUATION

Prepare a slogan depicting the effects of smoking. Display finished outputs in the bulletin board and representatives from the groups present or discuss it in class.

V. ASSIGNMENT

Visit your community and be able to answer the questions/items in the given worksheet.

Prepared by:

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Noted:

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PRINCIPAL II

“The Dangers of Tobacco”

by Dr. Gary S. Sy

Smoking is the leading preventable cause of death all over the world. If you are a regular smoker, you are probably losing about $5\frac{1}{2}$ minutes of life expectancy for each cigarette you smoke. Cigarette smoking is a major cause of lung cancer. Yet, despite the vast medical evidence supporting such statistics, most heavy smokers continue to smoke.

How smoking damages your health? Tobacco smoke contains three principal dangerous chemicals: Tar, nicotine and carbon monoxide.

Tar is a mixture of several substances that condense into a sticky substance the lungs.

Nicotine is an addictive drug that is absorbed from the lungs and acts mainly on the nervous and cardiovascular systems.

Carbon monoxide decreases the amount of oxygen that red blood cells can carry throughout the body.

Consider the average smoker, a person who smokes 15 to 20 cigarettes per day. Compared with a non-smoker he or she is about 14 times more likely to die from **cancer of the lungs, throat or mouth**, 4 times more likely to die of **cancer of the esophagus**, and twice as likely to die from **heart attack**. Cigarettes are principal cause of **chronic bronchitis** and **emphysema** and having a chronic lung disease **increases the risk of pneumonia** and **heart failure**. Smoking also **increases the risks of high blood pressures; angina pectoris (chest pains) and memory loss**.

How to quit smoking? Almost all health risks associable with smoking begin to decrease as soon as you quit, no matter how long you have smoked. Most smokers who have the determination can stop by themselves.

The following step by step procedure has proved effective for thousands of people who have been able to quit smoking.

STEP 1: Analyze your smoking habits - prepare chart showing every cigarette you smoke in 24 hour period. Give yourself 2 weeks to determine when and why YOU smoke cigarettes.

STEP 2: Make up your mind that there can be no turning back – list all the reasons why you want to quit, including all the benefits (save money, food will taste better; get rid of smoker’s cough).

STEP 3: Choose the day and quit on that date – challenge a family member or close friend to act together, quitting on the same date and supporting one another through the difficult early days.

STEP 4: Use a method you can use as a cigarette substitute during the difficult early days – (chew sugarless gum or suck on sugarless hard candies) Avoid situations that encourage smoking.

STEP 5: Enjoy not smoking! Give yourself positive rewards by saving up the unspent money to buy something.

STEP 6: During the first few weeks, eat as much as you want of low- calorie food (raw vegetables & fruits) and drink plenty of water – start an exercise regimen.

It is important to recognize that quitting is very difficult. If you resume smoking, don’t be discouraged; try again. You will succeed.