

- Have you noticed brown coloured stains on the teeth of some people?
- Do you know the reason?
- Tobacco may cause more serious problems than stained teeth.

Let's read and find out

(A classroom is looking almost empty. The teacher enters.)

Teacher : Good morning, children! How're you?

All : Good morning ma'am! We're all fine ma'am. Thank you. How're you?

Teacher : I'm fine too my dear students. Thank you.
Why are there so few students in the class today?

Kavita : Ma'am, Rinku's father has died today. So, all the children of that colony have not come.

Teacher : *Hey Bhagwan!* What happened to him?

Kavita : He died of oral cancer.

Teacher : How old was he?

Kavita : He was 35.

Teacher : How did he get cancer?

Kavita : The doctor says that it's because of his habit of

chewing tobacco. He couldn't even eat due to wounds and blisters in his mouth.

Piyush : Ma'am! He used to smoke too.

Meena : Yes Ma'am, I saw him many times chewing *gutkha*.

Ravi : Ma'am, are tobacco chewing and smoking related to cancer?

Teacher : Yes my dear, all these things are very harmful for our health. They affect our lungs and muscles.

Salma : Ma'am, Seema also chews *gutkha*. Look at her teeth. Will she also be a victim of cancer?

Teacher : Yes, it's possible.
(She calls Seema and asks her to open her mouth)

Oh my God! Your teeth are stained and decaying. Do they ache?

Seema : Yes ma'am, when I drink cold water, I feel pain in my teeth.

Ravi : Ma'am there are many children among us who chew tobacco and *gutkha*. Our parents also do that.

Teacher : That's alarming my dear children! Look at the pouch of any *gutkha*. You will find a warning printed on it.



Shivam : Yes Ma'am, I've also seen a warning on my father's cigarette pack.

Teacher : Yes. However, in spite of warnings people use these harmful things. This way, they are also following the path of Rinku's father.

Seema : Ma'am, I will stop chewing *gutkha*. I don't want cancer. I pledge I will never use it again.

Teacher : And what about others?

All : Ma'am we too have understood. We pledge never to chew *gutkha* and tobacco again. We will also tell the members of our family and neighbours about the evil effects of chewing *gutkha* and smoking and request them to give up these bad habits.

Glossary

happen	:	take place; होना
oral	:	related to mouth; मुँह संबंधी
chew	:	to crush food with the teeth; चबाना
wounds	:	a deep injury; घाव
blisters	:	swelling on the surface of the skin that is filled with liquid; छाले
affect	:	to produce a change in somebody/ something; प्रभावित करना
victim	:	a person who has been attacked, injured or killed as the result of a crime, a disease, an accident, etc.; पीड़ित करना
stained	:	marked or covered with stains; दागदार
decaying	:	decomposing, rotting; सड़ते हुए
ache	:	pain; दर्द
in spite of	:	regardless of; के बावजूद
pledge	:	a serious promise; शपथ
evil effects	:	bad effects; दुष्प्रभाव
give up	:	to stop doing or using something; त्यागना

Activity – I

A. Write T for True and F for False statements.

1. Rinku's father died of high fever. ()
2. He was 53 years old. ()
3. Chewing tobacco is related to cancer. ()
4. Seema's teeth were stained as she did not brush them daily. ()
5. Smoking is injurious to health. ()

B. Answer the following questions.

1. What are the evil effects of chewing *gutkha* and smoking?
2. How did Rinku's father get cancer?
3. Who chews *gutkha* in the class?
4. What did the students pledge?

Activity – II

A. A pair of opposite words is given in the brackets against each of the sentences below. Choose the suitable word and fill in the blanks.

1. Smoking is (useful / harmful) for our health.
2. Mohan (requested / ordered) his elder

brother to help him with his lessons.

3. Nothing is (possible / impossible) for a hard worker.
4. I don't need more milk. My glass is already (filled / empty)
5. We should (never / always) be ready to help the weak students.

B. Rearrange the letters to make proper words, one is done for you.

1. hmuot : mouth
2. tehet : t_____
3. naip : p_____
4. lguns : l____g__
5. tcbcoao : _ob____co

Activity – III

Look at the following questions taken from the lesson:

- Are chewing of tobacco and smoking related to cancer?
- Do you chew *gutkha*?
- Do your teeth ache?

They begin with the words like: Is, Are Was, Were, Do, Does, Has, Have, Had, etc. These questions can be answered with

'Yes' or 'No'. Therefore, they are sometimes called 'yes/no' type questions. Look at the answers of the above questions:

- Yes, chewing of tobacco and smoking is related to cancer.
- No, I don't chew *gutkha*.
- No, they don't ache.

Now answer the questions given below:

1. Do you exercise daily?

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2. Is there a tree in your school?

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3. Do you tell a lie?

.....

4. Is Jaipur the capital of Rajasthan?

.....

5. Are you an honest student?

.....

6. Have you seen an aeroplane?

.....

Activity – IV

You've understood that chewing *gutkha* and smoking are very bad for our health. Suppose your uncle (a friend of your father) has these bad habits. Write a dialogue of about ten

sentences where you are explaining the bad effects of *gutkha* and smoking to your uncle.

A few opening sentences are provided to you for help.

- You : Good evening, uncle. How're you?
Uncle : Good evening dear! I'm fine but I'm feeling a little pain in my chest.
You : Oh! What happened?
Uncle :
You :
Uncle :
You :
Uncle :
You :
Uncle :

Activity – V

- A. Write in your own words a paragraph on the bad effects of tobacco and cigarette.
- B. Read the sentences given below and complete them by adding 'good habit' or 'bad habit' in the space provided.
1. Chewing *gutkha* is a
 2. Waking up early in the morning is a

3. Washing hands before eating is a
4. Abusing others is a
5. Helping the needy is a
6. Driving carelessly is a
7. Watching T.V. too much is a
8. Coming to school late is a
9. Completing homework regularly is a
10. Praying to God is a

