

OALCF Task Cover Sheet

Task Title: Smoking Flyer

Learner Name:	
Date Started:	Date Completed:
Successful Completion: Yes ___ No ___	
Goal Path: Employment___ Apprenticeship___ Secondary School <input checked="" type="checkbox"/> Post Secondary___ Independence <input checked="" type="checkbox"/>	
Task Description: Read a smoking flyer, answer questions and write a letter to convince someone to stop smoking. Persuasive writing is used in secondary school essays, and letters to editors and others.	
Competency: A: Find and Use Information B: Communicate Ideas and Information	Task Group(s): A1: Read continuous text A2: Interpret documents B2: Write continuous text
Level Indicators: A1.2: Read texts to locate and connect ideas and information A2.2: Interpret simple documents to locate and connect information B2.3: Write longer texts to present information, ideas and opinions	
Performance Descriptors: see chart on last page	
Materials Required: <ul style="list-style-type: none">• Pencil/pen• Question Sheets and flyer	

Learner: _____

Date: _____

Part 1

Read the information sheet **Get Ready to Make Smoking History**. Answer the questions below.

1. Summarize the flyer. _____

2. Where can someone get help if they want to quit smoking? _____

3. When did restaurants in Toronto become smoke free? _____

4. When is National Smoking Week? _____

5. After June 1, 2004, where can someone smoke in a casino? _____

Part 2

Read the information sheet, **Facts about Secondhand Smoke**.

Give two reasons why second hand smoke is harmful. _____

Part 3

Read the information sheet, **How does second-hand smoke harm your health?**

1. How many Canadians die every year of heart disease as a result of being exposed to second-hand smoke? _____

2. Why should your home and car be smoke free? _____

3. What are some of the physical effects of second-hand smoke? _____

4. What does "3,000 Canadians die prematurely" mean? _____

5. What does the word fetus mean? _____

Get Ready to make Smoking History

1 October 8, 1999 - Phase One

No Smoking By-law for public places and workplaces harmonized city-wide.

2 June 1, 2001 - Phase Two

All restaurants, dinner theatres and bowling centres became smoke-free.*

3 June 1, 2004 - Phase Three

All bars, billiard halls, bingo halls, casinos and racetrack must be smoke-free.*

* Or have an approved designated smoking room.

smoke free

Want to quit smoking?

For help, call Toronto Health Connection: 416-338-7600

For information on:

The Environmental Tobacco Smoke By-law, call: 416-392-0123

Visit our Web site: www.toronto.ca/health

January 19-25, 2004 is National Non-Smoking Week

Dr. Sheela Basrur

Medical Officer of Health



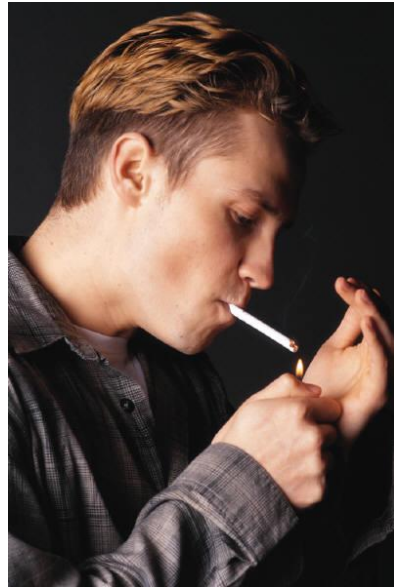
"Our vision is to make Toronto the healthiest city possible..."



Facts about second-hand smoke

What is second-hand smoke?

- Second-hand smoke is the smoke a smoker blows into the air, and the smoke that drifts into the air from the burning end of a cigarette.



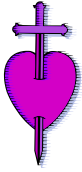
Why is it dangerous?

- There are more than 4,000 chemicals in second-hand smoke, including benzene, formaldehyde, and arsenic; more than 43 of these can cause cancer.
- Smoke from the burning end of a cigarette has more harmful chemicals in it than the smoke inhaled directly by a smoker through a filtered cigarette.
- If you are in a place where people are smoking you will breathe in these harmful chemicals.
- Sitting in the non-smoking section of a public place, or going into another room to avoid second-hand smoke will not protect you from all its harmful effects.
- Ventilation systems do not remove all the harmful chemicals found in second-hand smoke.

How does second-hand smoke harm your health?



- It is estimated that second-hand smoke kills more than 330 non-smoking Canadians every year from lung cancer



- Second-hand smoke may cause or contribute to hardening of the arteries and heart conditions in non-smokers.
- It is estimated that each year 3,000 Canadians die prematurely from heart disease due to regular exposure to second-hand smoke.
- Second-hand smoke can double the risk of stroke in non-smokers



- Second-hand smoke makes it harder for people to breathe, especially those with lung conditions and allergies.



- Second-hand smoke causes itchy eyes, runny nose, coughing, wheezing, sore throat, nausea, dizziness and headaches.

Second-hand smoke harms us all...ACT NOW!

- Stay away from second-hand smoke.
- Keep your children away from second-hand smoke. Avoid taking them to places where they would be exposed to second-hand smoke.
- Make your home and car smoke-free. Encourage your family and friends to do the same.
- If you smoke, try to quit or avoid exposing others to your smoke. Don't smoke indoors.
- Visit only smoke-free public places. Call Toronto Public Health's Smoke Free Helpline at 416-392-0123 for a list of smoke-free restaurants.
- Avoid smoking or exposing yourself to second-hand smoke if you are pregnant. It may affect the fetus.
- Encourage your family and friends to quit smoking.
- Tell elected officials you support smoke-free public places.

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Performance Descriptors		Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	<ul style="list-style-type: none"> scans text to locate information 			
	<ul style="list-style-type: none"> locates multiple pieces of information in simple texts 			
	<ul style="list-style-type: none"> makes low-level inferences 			
	<ul style="list-style-type: none"> begins to identify sources and evaluate information 			
A2.2	<ul style="list-style-type: none"> performs limited searches using one or two search criteria 			
	<ul style="list-style-type: none"> uses layout to locate information 			
	<ul style="list-style-type: none"> makes connections between parts of documents 			
	<ul style="list-style-type: none"> makes low-level inferences 			
	<ul style="list-style-type: none"> begins to identify sources and evaluate information 			
B2.3	<ul style="list-style-type: none"> writes texts to present information, summarize, express opinions, present arguments, convey ideas or persuade 			
	<ul style="list-style-type: none"> manages unfamiliar elements (e.g. vocabulary, context, topic) to complete tasks 			
	<ul style="list-style-type: none"> selects and uses vocabulary, tone and structure appropriate to the task 			
	<ul style="list-style-type: none"> organizes and sequences writing to communicate effectively 			
	<ul style="list-style-type: none"> uses a variety of vocabulary, structures and approaches to convey main ideas with supporting details 			

This task: was successfully completed ___ needs to be tried again ___

Learner Comments

Instructor (print)

Learner Signature