

# Spit (Smokeless) Tobacco

## Summary

This lesson will help students identify the short- and long-term effects of smokeless tobacco use.

## Main Core Tie

Health Education I (7-8)

[Strand 4: SUBSTANCE ABUSE PREVENTION \(SAP\) Standard HI.SAP.4:](#)

## Materials

- [Poster:](#)  
"SPIT (Smokeless) TOBACCO"
- [Worksheet: "Health Effects of Spit Tobacco"](#)

Materials:

Boiled egg in container of spit tobacco

Clear jar with sand, grit, and sugar (fiberglass optional)

## Intended Learning Outcomes

Identify the short- and long-term effects of smokeless tobacco use.

## Instructional Procedures

## Extensions

### Additional Resources

American Cancer Society (1-800-234-0533) Contact ACS to check availability.

"Mr. Gross Mouth" display

Dipping and Chewing, a five-minute video

"If You're Dipping Snuff, You Should Know The Truth" pamphlet

"Smokeless Tobacco, A Chemical Time Bomb" pamphlet

Utah Department of Health, Tobacco Prevention and Control Program Tobacco Free Resource

Line: 1-877-220-3466

Free resources such as material, videos, brochures, and posters

## Authors

[Utah LessonPlans](#)