

# Part 1: Cotton Candy Sewer Water

## Learning Objectives

Students will:

- Analyze the validity of two vaping myths.
- Design a new label for vape juice that educates the public on its ingredients and health effects.

## Timing

45 minutes

## Standards

### National Health Standards

- 3.5.1: Identify characteristics of valid health information, products, and services.
- 5.5.5: Choose a healthy option when making a decision.
- 5.5.6: Describe the outcomes of a health-related decision.

### Common Core English Language Arts Standards

- W.5.4: Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.
- SL.5.1: Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.
- SL.5.2: Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

## Myths Addressed

**Myth 1:** E-cigarette vapor is just flavored water.

**Myth 2:** E-cigarettes do not contain nicotine.

## Materials

- Nutrition Labels handout, one to project or one per student
- Myth Busting Cards handout, one per student
- Vape Juice Label handout: Just the Facts, enough for half the class
- Drawing materials, for the class to share

## Engage

- Lead the class in brainstorming: What are some examples of healthy foods and beverages?
- Then probe students to consider: When you are deciding what to eat or drink, what can you look at to help you understand what the food or drink is made of and whether it is healthy? After hearing students' ideas, remind them that foods and beverages always contain a nutrition label and an ingredient list.
- Project and/or distribute the *Nutrition Labels* handout. Briefly point out where to find the sugar, percent daily value of vitamins, and the ingredient list on these labels.
- Then ask students to think-pair-share\*: If you were to choose the healthier option between these two choices, which one would you choose? Why?

*\* In a think-pair-share, students think about the question independently, discuss their answers with a partner, and then share their thoughts with the larger class.*

## Investigate & View

- Explain that it is important to take the time to understand an item's health effects before we eat it, drink it, or use it. We can understand the effects of what we eat and drink by taking a moment to read nutrition facts labels and ingredient lists. Other things that we expose our body to, like vaping, may take a little more time to understand. However, vaping can have a huge effect on our body and health. It's therefore important that we take the time to investigate its ingredients and health consequences!
- Distribute the *Myth Busting Cards* handout to each student, and ask a volunteer to read the two statements aloud.
- Explain that the class is about to watch a short video that will look at the ingredients in e-cigarettes. As they watch, they should jot notes to answer the questions provided. They will then use their notes to either confirm or debunk these myths!

**Tip:** It may be helpful to play the video more than once.

- Once the video is complete, allow student pairs a couple of minutes to share and compare their notes. They should then work together to decide whether each myth should be confirmed or denied.
- Conclude this portion of the activity by reading each myth aloud and asking the class to share a thumb up or thumb down to indicate whether each statement is true or false.

## Apply

- Challenge the class to create a factual label for vape juice that explains all of its ingredients *and* its effects on the human body, so people are able to make informed decisions about vaping.
- Divide students into pairs and distribute one *Vape Juice Label* handout to each pair.
- Review the directions provided and then encourage pairs to begin.
- When there are about 10 minutes left in the class session, instruct each pair to share their work with another group and explain the reasoning behind their design and information choices.
- Then encourage pairs to spend the last five minutes adding additional details to their labels based on ideas inspired by their peers.

# Nutrition Labels

## Juice A



<b>Nutrition Facts</b>		Serving Size: 8 fl oz
Amount	% Daily Value	
Calories	120	
Fat (0 g)	0%	
Saturated (0 g)	0%	
Trans (0 g)	0%	
Cholesterol (0 mg)	0%	
Sodium (10 mg)	0%	
Potassium (290 mg)	8%	
Carbohydrate (30g)	10%	
Fiber (0 g)	0%	
Sugars (16 g)		
Protein (0.4 g)		
Vitamin A	0%	
Vitamin C	100%	
Calcium	0%	
Iron	2%	
<b>INGREDIENTS:</b> Passion fruit juice, orange juice, peach purée, pear juice, mango purée.		

## Juice B



<b>Nutrition Facts</b>		Serving Size: 8 fl oz
Amount	% Daily Value	
Calories	110	
Fat (0 g)	0%	
Sodium (0 mg)	0%	
Carbohydrate (30g)	10%	
Sugars (16 g)		
Cholesterol (0 mg)	0%	
Protein (0 g)		
Vitamin D	0%	
Calcium	0%	
Iron	0%	
Potassium	1%	
Manganese	2%	
<b>INGREDIENTS:</b> High fructose corn syrup, pure filtered water, concentrated grape juice, less than 1% of: concentrated pineapple, pear and apple juices, natural flavors, citric acid (provides tartness), grape skin extract (for colors), sugar.		

## Statement #1: E-cigarette vapor is just flavored water.

Collect Evidence:

- What is e-cigarette vapor made of?
  
  
  
  
  
  
  
  
  
  
- How does this vapor affect your body?

Decide: (circle one)

**Confirmed**

**Busted**

## Statement #2: E-cigarettes do not contain nicotine.

Collect Evidence:

- Do e-cigarettes contain nicotine?
  
  
  
  
  
  
  
  
  
  
- Do flavored e-cigarettes contain nicotine too?

Decide: (circle one)

**Confirmed**

**Busted**

# Vape Juice Label: Just the Facts

**Directions:** Imagine if the label on vape juice told you just the facts and all the facts. Now create one that does! In the space below, design an informative label for vape juice that clearly explains its ingredients, as well as the effect of these ingredients on the human body. Then let the users decide if they still want to vape.

Nutrition Facts
Amount
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
<hr/> <b>INGREDIENTS:</b>