



Lesson Plan: The Dangers of Alcohol

This lesson plan outlines the curriculum for "Lesson 3: The Dangers of Alcohol" based on the "Your Health - Matayom 1 – Module 5 – Lesson 3 - Classroom Presentation" slides. It aims to provide a structured approach for educators to help the learners to know more about the effects of alcohol in your mind and long-term damage in your body.

Category	Details
Chapter Title	Substance Abuse Prevention
Lesson Title	The Dangers of Alcohol
Lesson Objectives	Explain how alcohol affects the brain and impairs judgment. Describe the immediate dangers of drinking too much alcohol. Identify the long-term damage alcohol can cause to the body.
Key Vocabulary	Reaction Time, Coordination, Slurred, Alcoholism, Binge, Depressant, Addiction.
Lesson Materials	Classroom Presentation: File eBook: File Worksheet Activity: File Assessment Questions: File
Lesson Summary	Cigarettes and vapes contains harmful chemicals. Smoking and vaping damage most body organs, causing serious health problems. Addiction is a disease where your body and brain become dependent on a drug.
Evaluation Method	Key Concept Check (through discussion and questions), Discussion about the effects in decision-making while in influence of alcohol and the long term damage that can affect our body.