



# F O R Y O U R H E A L T H

## *What You Need To Know About Pesticides*

### **What are pesticides?**

Pesticides are chemicals that are sprayed on plants and soil to kill insects and weeds. Chemicals are helpful in taking care of plants. They can also be bad for our health when we come into contact with them.

Sometimes it is very hard to see or smell the pesticides. But just because you cannot see or smell them, it does not mean the chemicals are not still there. They can get into your body through your skin, nose, mouth, or eyes.



#### Vocabulary Words

Hives  
Blisters  
Drool  
Expose  
Sensitive

### **What will I feel or see right away if I come into contact with pesticides?**

- Your eyes may burn or itch.
- You may get a stinging feeling in your nose and throat.
- You may notice a rash, hives, or blisters on your skin.
- You may feel dizzy or like throwing up.
- You may have a headache.
- You may have diarrhea.
- You may feel sweaty.
- You may have pain in your muscles.
- You may drool.
- You may cough.
- You may have problems breathing.

When you come into contact with pesticides, your body can react to them in a mild way or your body may react in a very strong way. Your body's reaction depends on:

- The type of pesticide;
- How strong the pesticide is;
- How much pesticide got into your body;
- If it got into your body through your skin, your nose, or if you swallowed it;
- How long you were exposed to the pesticides; and
- How sensitive you are to them.

If you think you or a co-worker may have been poisoned by a pesticide, call 911 or call your local poison control center at 1-800-222-1222. It is important that you take the pesticide label with you to the hospital. This will help your doctor know what the best treatment is for you.

## So, how can I protect myself from pesticides?

Always wear long pants, long sleeve shirts, closed shoes, and gloves.

Be sure to wear a hat, glasses, and even a handkerchief on your head.

Wash your hands and face before you eat, drink, chew gum, or use the bathroom.

Never put your food on the ground or on top of your clothes. They may have pesticides.

Never go into an area or place where pesticides are being sprayed or that have just been sprayed. Look out for any signs that warn you about pesticides. Follow the instructions.

When you get home, take off your shoes before you go into the house. As soon as you can, take a shower, so you can get rid of the pesticides right away.

Keep your dirty work clothes away from other clothes. Wash them separately, so you don't get pesticides on them.

Change your clothes and wash your hands before you touch your children.

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### Vocabulary & Definitions

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<b>Hives:</b>	A skin rash that itches, swells, and becomes red. Hives usually happen when you have an allergic reaction to food or insect bites. A person can also get hives when he/she comes into contact with chemicals, certain plants, latex, sunlight, and even high temperatures.
<b>Blisters:</b>	A small pocket filled with a clear liquid that can form on the skin because of burning or irritation or from coming into contact with chemicals.
<b>Drool:</b>	When the saliva slowly runs out of your mouth.
<b>Expose:</b>	To put someone in a situation or a place that could be harmful.
<b>Sensitive:</b>	When a person has a greater ability to feel a certain reaction to the body. For example: Some people's teeth can be more sensitive than others when they drink cold things.



**What You Need to Know  
About Pesticides  
Skills Practice Worksheet**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

➤ **Activity 1: Let's Read!**

Maria and her daughter Lisa were picking oranges this morning. At lunch Maria asked Lisa to wash her hands before eating. Lisa did not want to do that. She thought her hands were just fine; they looked clean... but, Maria told her ... *“You helped me pick oranges this morning and some pesticide could still be on your hands”*. Lisa looked at her mom with a confused look on her face because she did not see any pesticide on the oranges or on her hands.

1. If Lisa does not wash her hands, how can she get sick from pesticides?

\_\_\_\_\_

\_\_\_\_\_

2. What are some of the things she may feel or see if she does not wash her hands before eating?

\_\_\_\_\_

\_\_\_\_\_

➤ **Activity 2: Giving Good Advice**

You are the supervisor at Rancho Grande. There are new people who will be working on the farm this year. As their supervisor, what would you tell them about how to protect themselves from pesticides?

Write your ideas in the space below:

\_\_\_\_\_

\_\_\_\_\_

➤ **Activity 3: Now, listen up!**

Listen to your teacher's instructions carefully. True or False?

Question	True	False
1	<input type="radio"/>	<input type="radio"/>
2	<input type="radio"/>	<input type="radio"/>
3	<input type="radio"/>	<input type="radio"/>
4	<input type="radio"/>	<input type="radio"/>
5	<input type="radio"/>	<input type="radio"/>



What You Need to Know  
About Pesticides  
Pre-Post Workshop Survey

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What are pesticides?

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2. How can pesticides get into your body?

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3. List some of the things you can see or feel right after you come into contact with pesticides.

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4. What are some of the things you can do to protect yourself from pesticides while working in the field?

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## Lesson Plan

### What You Need to Know About Pesticides

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> <li>• Dry erase board and dry erase markers</li> <li>• Pencils</li> </ul>	<ul style="list-style-type: none"> <li>• “What You Need to Know About Pesticides” Lesson</li> <li>• “Listening Activity” Handout</li> <li>• Skills Practice Worksheet</li> <li>• Pre-post workshop Survey</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Hour</li> </ul>

**NOTE TO INSTRUCTOR:** To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Introduce the topic Time: 5 minutes</li> <li>• Conduct the Pre-Test Time: 5 minutes</li> <li>• Introduce the new vocabulary Time: 5 minutes</li> </ul>	<ol style="list-style-type: none"> <li>1. What do you know about pesticides?</li> <li>2. Have you met anyone who has been poisoned with pesticides? What happened to that person?</li> <li>3. What are the things you can do to prevent yourself from coming into contact with pesticides?</li> </ol> <ul style="list-style-type: none"> <li>• Distribute Pre-Test, and ask students to turn it in when it is complete.</li> <li>• Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what the words mean. Provide students with the definitions. (Use “What You Need to Know About Pesticides” lesson.)</li> </ul>
<b>Instructions</b>	<ul style="list-style-type: none"> <li>• Read the lesson on “What You Need to Know About Pesticides” Time: 10 minutes</li> <li>• Identify the vocabulary words in the lesson Time: 5 minutes</li> <li>• Distribute and review the <i>Skills Practice Worksheet</i> with the students, and ask them to complete it Time: 25 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Instructor leads guided reading of topic.</li> <li>• Students identify the vocabulary words by circling them in the lesson.</li> <li>• <b>Activity 1:</b> Students have 10 minutes to answer this activity.</li> <li>• <b>Activity 2:</b> Students have 10 minutes to answer this activity.</li> <li>• <b>Activity 3:</b> Students have 5 minutes to answer this activity.</li> </ul>
<b>Concept Check</b>	<ul style="list-style-type: none"> <li>• Conduct Post Test Time: 5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Students complete Post Test.</li> </ul>

Listening Activity  
What You Need to Know About Pesticides

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**Listening Activity**  
**Now, listen up!**

**Purpose:** To practice listening comprehension

**Time:** 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. Say that you are going to read five different statements twice. They can use the Health Lesson to get the correct answer if they need it.
3. Let them know that after you finish reading the statement for the second time, they need to decide whether the statement is true or false.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

True or False?

Statement	True	False
1) I can always see and smell pesticides.	<input type="radio"/>	<input checked="" type="radio"/>
2) Pesticides can get into my body through my skin, nose, or eyes.	<input checked="" type="radio"/>	<input type="radio"/>
3) If a co-worker swallows a dangerous pesticide, I should call 911 right away or take my co-worker to the hospital and make sure the doctor gets the pesticide label.	<input checked="" type="radio"/>	<input type="radio"/>
4) When you get home from work, you can hug your wife and children before taking a shower.	<input type="radio"/>	<input checked="" type="radio"/>
5) One way to protect my skin from pesticides is wearing long pants, long sleeve shirts, closed shoes, and gloves.	<input checked="" type="radio"/>	<input type="radio"/>