

Betcha Can't Eat Just One!



The Power of Potato Chips

To illustrate how cravings can be induced, and to explain the differences between wants and chemical addiction.

Just one potato chip teases the taste buds and creates a sensation of want. Though not a perfect analogy, this exercise can serve as a springboard for discussing the concept of addiction with your class.

Supplies: One large bag of potato chips. Optional: additional chips for snacking during the discussion.

Directions: Pass the bag of potato chips as students enter the room, instructing that students take only one chip. Tell the students to eat the chip, then ask the following questions:

How many of you would like another chip? How do cravings for potato chips differ from cravings for tobacco products? (nicotine is a physically addictive drug). How might your body react if you stopped eating potato chips today? (no withdrawal symptoms)

Ask, "How might your body react if you were addicted to nicotine and tried to stop using tobacco? (This includes cigarettes, cigars, and smokeless tobacco.)

Discuss the withdrawal symptoms that people go through when they try to stop smoking.

- restlessness
- eating more than usual impatience
- frustration, anger difficulty concentrating
- excessive hunger
- depression loss of energy/fatigue
- dizziness
- stomach or bowel problems
- headaches, sweating
- insomnia, (not being able to sleep)
- heart palpitations
- tremors having a strong desire to smoke again.

Tell the children that It would be pretty bad to have to go through any of these symptoms, but when you try to give up using nicotine, you may suffer through a combination of them.

Ask, "What are tobacco companies giving away when they offer free samples through the mail or multi-packs for the price of one?"

Useful quote: "All good drug dealers know that in the beginning when you are trying to get people hooked, you give the stuff away."

