**Objectives**

By the end of this lesson you should be able to:

* Identify different types of food contaminants, from the types of health effects seen.
* How Plasticizers enter our body and what it does to us.
* Identify the difference between the types of drugs and how it affects us.

**Lesson Description**

The focus of this lesson is on different types of food contaminants, drugs and Plasticizers, and the health effects they produce. This lesson would describe the source of these hazards, how they enter our body, their properties, and what health effects they produce. Being aware of these hazards is a part of healthy living because most of the health effects caused by them can be avoided with our safe practices.

**Assessment**

There is a pre-test and a post-test for each lesson which must be printed before they are administered.