



TOBACCO ACTIVITY SHEET

Fill in the blanks

1. The main drug in tobacco smoke is _____.
2. Other harmful substances in tobacco smoke are _____ and _____.
3. When a smoker inhales, chemicals in the smoke pass from the lungs to the _____ and are carried throughout the body.
4. Name two diseases that smoking can cause _____.
5. The effect that smoking has on blood pressure is to _____ it.

Mark each item true or false

1. Smoking cigarettes is not addictive. **T** or **F**
2. Most adults who smoke began as teenagers. **T** or **F**
3. Low-tar cigarettes significantly reduce the risks of smoking. **T** or **F**
4. "Smokeless tobacco" is not a safe substitute for cigarettes. **T** or **F**
5. The smoke from pipes and cigars contains the same toxic chemicals as cigarette smoke. **T** or **F**

For each item mark the correct answer or answers that apply

1. Babies of mothers who smoke:
 - a. tend to be smaller
 - b. are born addicted
 - c. experience reduced oxygen supply in the womb
 - d. all of the above
2. The main drug in tobacco acts as a:
 - a. stimulant
 - b. depressant
 - c. hallucinogen
3. Smokers who try not to inhale:
 - a. avoid all health risks from cigarettes
 - b. may suffer damage to mouth and throat
 - c. do not become addicted to cigarettes
4. Women who smoke run greater risks of:
 - a. heart disease
 - b. strokes
 - c. cancer of the uterus and cervix
 - d. all of the above
5. Exposure to "secondary smoke:"
 - a. can lead to addiction in non-smokers
 - b. can cause health problems in non-smokers
 - c. has little or no effect on non-smokers