



TOBACCO ACTIVITY SHEET - ANSWERS

Fill in the blanks

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

Mark each item true of false

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

For each item mark the correct answer(s) 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