



# Smoking during pregnancy



Smoking during pregnancy is bad for babies. When a woman smokes she inhales over 4,000 chemicals from the cigarette. One of these is a dangerous chemical called carbon monoxide (CO<sub>2</sub>), which gets into her bloodstream and replaces some of the oxygen in her blood. This means that the baby can not get enough oxygen which is essential for its healthy growth and

development, and because cigarettes restrict their oxygen supply, their hearts have to beat harder every time the mother smokes. Smoking can also cause a greater risk of miscarriage and stillbirth (death inside the womb). Besides, the baby is might be born prematurely and with a low birth weight.

Children of smokers may also get ear infections, asthma, learning disorders and behavioral problems and chest infections. They could also become smokers as they get older.



Adapted from (www.smokefree.nhs.uk)

## 1) True or False:

- a) a smoker inhales only 4,000 chemicals when she smokes.
- b) CO<sub>2</sub> replaces all oxygen in blood.
- c) When a pregnant woman smokes she forces the babies' heart to work harder.
- d) There are more than 2 problems associated with smoke.
- e) Asthma, ear infections and learning disorders are some of the problems that smokers can face.
- f) Children of smokers have more chances to become smokers in the future.

## 2) Which sentence is the best definition to the text:

- a) The effects of smoking on babies
- b) The effects of smoking on babies and pregnant smokers
- c) The effects of smoking on pregnant smokers
- d) How to quit smoking?
- e) What are the chemicals from the cigarette?

3) Use the modal verbs that fits best in each sentence: shouldn't / should / can / must / may

- a) Smoking during pregnancy  be avoided.
- b) Children of smokers  get ear infections, asthma, learning disorders.
- c) You  smoke next to a child. It's not recommended.
- d) Nobody  smoke here. It's forbidden.
- e) That man  100 cigarettes a day. It's a world's record.

4- Put the health problems in the correct place according to the text:

become smokers

Babies hearts have to beat harder

restrict their oxygen supply

death inside the womb

behavioral problems

miscarriage

**Before birth**

**At birth**

**After birth**

5) Use a word from the text to each image:

