

Smoking

FIND THE FOLLOWING WORDS: HABIT, CIGARETTE, SMOKE, NICOTINE (2), LUNGS (2), CHEST, FUMES



NOW LISTENING TO A SONG and complete using the words from the word search

SIOUXSIE AND THE BANSHEES - "Nicotine Stain":

https://www.youtube.com/watch?v=AlelNlzII7Y&ab_channel=aschenputtel85

It's just a _____

When I reach to the packet for my last _____

Until the day breaks and then my hand shakes, But it's just driving me insane

When the _____ gets in my brain. I can't resist it

Wallow in that ash bath ,Soaking up the _____

And see the _____ stain start to spread (CHORUS)

I'm so _____, Cos north, south, east and west

Catarrh rests on my _____, Congealed and twisted, Cough up and shift it

But I can feel my _____collapse

Sinking deep into my lap, I'm so useless (CHORUS)

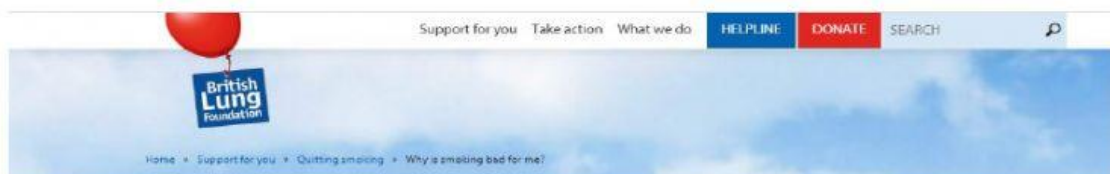
I'm so useful

If you don't want to fight, Just give your foe a fright, Say you'll drop me

On every country

See all will be stone dead When the _____ stain spreads

Just _____ me (CHORUS)



<https://www.blf.org.uk/support-for-you/smoking/the-facts>

The facts about smoking

We all know smoking can damage our lungs, but do you know why?

Finding out the facts can help to motivate you, your friends and your family to try to stop smoking.

Why are cigarettes harmful?

Smoking cigarettes is harmful to you and to those around you. It can lead to a wide range of diseases and disorders including:

- Cancers
- Lung disease
- Heart and circulation diseases
- Stomach and duodenal ulcers
- Infertility**
- Osteoporosis
- Cataracts and eye disorders
- Mouth and dental infections**
- Complications in pregnancy
- Stroke**

Cigarettes and other types of tobacco products contain nicotine which is very **addictive**. Tobacco smoke contains more than 4,000 chemicals, including more than 70 cancer-causing chemicals and hundreds of other poisons.

It is mostly the harmful chemicals that cause illness and **death**, and not the nicotine. It is the nicotine, however, which creates an addiction.

Smoking damages **the air sacs and airways** in your lungs. It also causes damage to blood vessels and raises your heart rate and blood pressure, which puts you at risk of **heart disease** and stroke.

Smoking also affects the reproductive system and sex organs. Men can have difficulty getting an erection and it can reduce sperm count. Women who smoke are at a greater risk of developing breast and cervical cancer, and may have difficulties getting pregnant.

Smoking whilst pregnant puts you at risk of miscarriage, **premature birth**, **low birth weight** and even stillbirth.

True or False

- | | |
|--|-------|
| Cigarettes may contain 3500 chemicals | _____ |
| Smoking can cause death | _____ |
| Cigarettes may contain 70 cancer causing chemicals | _____ |
| Smoking may complicate births | _____ |
| Smoking doesn't affect reproductive systems | _____ |
| Smoking doesn't affect sex organs | _____ |
| Nicotine is an addictive chemical | _____ |

USE THE RED WORDS FORM THE TEXT



If you smoke and you are pregnant, your baby will be put in risk of premature birth and low birth weight

If you smoke, it may be _____

If you smoke, you will damage _____ in your lungs

If you smoke, you may suffer from _____

If you smoke, you will have a _____

If you smoke, you may suffer _____

If you smoke, you may suffer from _____

If you smoke, it may cause _____

COMPLETE THE SENTENCES WITH

ADDICTIVE- INFECTIONS- IF- WILL- SMOKE- SUFFER - LUNGS- PREGNANT

- 1) ____ YOU SMOKE, IT MAY CAUSE DEATH.
- 2) IF YOU _____, YOU MAY SUFFER FROM INFERTILITY.
- 3) IF YOU SMOKE, YOU MAY _____ HEART DISEASE.
- 4) IF YOU SMOKE, YOU _____ HAVE A STROKE.
- 5) IF YOU SMOKE, YOU MAY SUFFER FROM MOUTH AND DENTAL _____.
- 6) IF YOU SMOKE, YOU WILL DAMAGE YOUR AIRSACS AND AIRWAYS IN YOUR _____.
- 7) IF YOU SMOKE, IT MAY BE _____.
- 8) IF YOU SMOKE AND YOU ARE _____, YOU WILL HAVE COMPLICATIONS IN YOUR PREGNANCY.

CHOOSE 2 PHRASES AND CREATE YOUR OWN WARNING LABEL

