

# Smoking

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

K	U	X	Y	O	L	U	R	T	A	Q	E	Y	R	N
C	Y	L	U	I	M	C	Q	H	Y	C	K	N	V	N
N	K	W	G	N	T	E	I	D	N	U	O	O	T	O
C	N	H	Z	E	V	G	E	G	S	E	M	U	F	D
D	T	P	E	R	V	T	N	F	A	M	S	Z	G	A
V	J	F	P	N	S	T	E	H	I	R	B	T	T	S
B	U	Y	F	E	D	N	L	Y	E	F	E	P	G	N
U	L	U	G	Y	I	K	H	S	O	B	U	T	Z	V
J	Y	N	J	T	W	G	C	H	E	S	T	E	T	F
G	O	H	O	B	U	D	G	S	C	V	W	M	V	E
C	Y	C	T	T	I	N	V	Y	H	I	V	M	P	S
I	I	I	J	Q	Z	G	N	F	O	A	P	E	E	V
N	Z	C	V	N	V	E	U	X	D	Y	B	U	E	C
S	R	T	L	N	E	W	L	K	X	P	L	I	U	R
Z	Z	W	R	L	U	N	G	S	V	P	E	K	T	Q

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=AleINizII7Y&ab\\_channel=aschenputtel85](https://www.youtube.com/watch?v=AleINizII7Y&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 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)

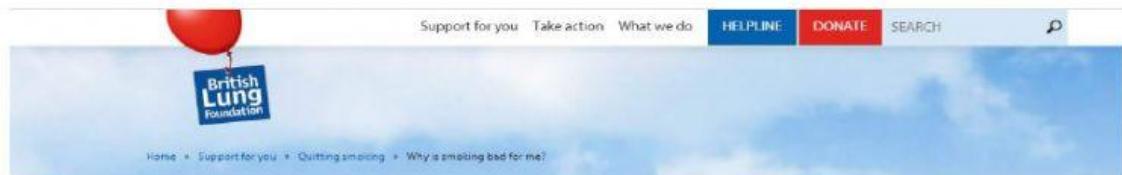
I'm so useful

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)



Support for you Take action What we do HELPLINE DONATE SEARCH

<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, your 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**

