



Year 3: Smoking

Key Vocabulary

Smoking	Is the act or habit of smoking cigarettes, cigars, or a pipe.
Tobacco	Is dried leaves which people smoke in pipes, cigars, and cigarettes.
Lungs	The two organs inside your chest which fill with air when you breathe in.
Cigarette	Small tubes of paper containing tobacco which people smoke.
Cough	Push out air from the lungs with a sudden sharp sound.
Substance	That of which something is made.
Chemicals	A substance, especially one which has been artificially prepared.
Addictive	A substance or activity causing or likely to cause someone to become addicted.
Quitting	To leave (a place), usually permanently.

Facts about Smoking

Facts

- Tobacco contains over 4,000 chemicals including nicotine which is highly addictive.
- It is illegal to sell Tobacco to anyone under the age of 18.
- Skin looks unhealthy and grey and hair, clothes and breath smell of stale smoke.
- They are likely to get heart disease, lung disease, and have a major heart attack or stroke.
- Skin improves and fitness improves.
- Lungs begin to repair themselves

THE STAGES OF QUITTING

20 Minutes

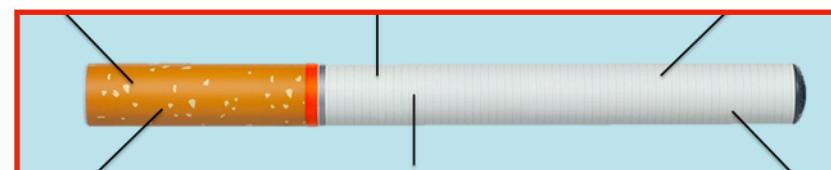
Heart rate and blood pressure drop back to normal level

2 Weeks

Circulation and lung function improve.

6 Months

Cough and shortness of breath are disappearing.



12 Hours

Level of Carbon Monoxide in the blood drop back to normal.

6 Weeks

Greater energy levels.

1 Year

Risk of heart disease is half as high as a smokers!