



## 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	<ul style="list-style-type: none"> <li>Tobacco contains over 4,000 chemicals including nicotine which is highly addictive.</li> <li>It is illegal to sell Tobacco to anyone under the age of 18.</li> </ul>
The bad news for smokers!	<ul style="list-style-type: none"> <li>Skin looks unhealthy and grey and hair, clothes and breath smell of stale smoke.</li> <li>They are likely to get heart disease, lung disease, and have a major heart attack or stroke.</li> </ul>
The good news for smokers who quit:	<ul style="list-style-type: none"> <li>Skin improves and fitness improves.</li> <li>Lungs begin to repair themselves</li> </ul>

### THE STAGES OF QUITTING

