



18 - TOBACCO QUIZ

Outcome	<ul style="list-style-type: none"> • Increase awareness of the affects of smoking. • Discuss the health impacts of smoking • Increase awareness of smoking laws and legislation.
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Preparation:	<ul style="list-style-type: none"> • Copies of quiz for all the students • Copy of answer sheet • Photocopies of tobacco facts handout • Up to date leaflets on tobacco (through NHS source)
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Can be used with	√ Young people
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Total Time	40 minutes
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METHOD	TIME	TOOLS
<p>1. Either get the young people to fill in the answer sheets on their own or get them to work in pairs or three's.</p> <p>Allow a maximum of 15 minutes to complete the quiz, encourage the young people not to dwell on each answer for too long. (It is the discussion that will follow that is important not who got what right or wrong).</p>	15 mins	
<p>2. Bring young people back together as 1 group and go through each answer. Allow time to talk through each answer and allow for debate.</p> <p>Discuss Smoking Damages Your Health factsheet.</p>	25 mins	Hand out copies of smoking damages your health factsheet
<p>3. Ensure that you have leaflets and handouts for them to take away to support their learning. Leaflets are available from Herts NHS Health Promotion on 01923 281630.</p> <p>For further activities go to the www.nosmokingday.org.uk website and look at the downloadable resources/photocopies.</p>		Handout tobacco facts handout





Tobacco Quiz



1. Where in 1492 did Christopher Columbus first discover tobacco smoking?
a) Cuba b) America c) France
2. How old do you have to be to buy tobacco in the UK?
a) 16 b) 18 c) 14
3. Which was the first European country to ban smoking in enclosed public places?
a) Finland b) Irish Republic c) Italy
4. Smokers are more likely to develop cancer than non-smokers.
a) 2 times b) 1.5 times c) 4 times
5. About how much would a 20-a-day smoker save in a year by stopping?
a) £2,100 b) £1,850 c) £1,580
6. Which cancer is twelve times more common among smokers than non-smokers?
a) Oral cancer b) Lung cancer c) Prostate cancer
7. In the year after Scotland introduced a smoking ban, hospital admission for heart attacks went down - by what percentage?
a) 5% b) 15% c) 17%
8. In the UK many people die from smoking related illnesses every year. Is it about:
a) 100 people b) 10,000 people c) 120,000 people

9 What is the substance found in tobacco called that makes it so addictive?

10. If you are under 18, is it illegal to smoke cigarettes?

True

False





Tobacco quiz answers

- 1) A - Cuba
- 2) B - Aged 18 - Since October 2007, young people need to be 18 to buy cigarettes and other tobacco products. Shops are required by law not to sell to under 18s and risk prosecution and a fine of up to £2,500 if they do so.
- 3) B - Irish Republic
- 4) A - 2 times
- 5) A - £2,100 as of March 2010, this continues to increase due to the tax on cigarettes
- 6) C - Lung Cancer - Tobacco smoke contains many substances that are toxic or irritating to the body. Sore throat, Bronchitis, Chronic Obstructive Pulmonary Disease (COPD), throat and lung cancer as well as other types of cancer, thrombosis, cardiovascular diseases that cause heart attacks or strokes are just some examples.
- 7) C) 17%
- 8) C) 120,000 - more people die from smoking than any other substance.
- 9) Nicotine
- 10) False - There is no legal age limit for young people to smoke - it is not an offence. The only offence to incur legally is to sell to under 18's.





Tobacco Facts Handout

Smoking related illness cause about 120,000 deaths a year in the UK

Tobacco is highly addictive. This is because cigarettes contain Nicotine

Cigarettes are a stimulant drug.

Carbon Monoxide is present in cigarettes. It combines with haemoglobin more easily than oxygen, thereby reducing the blood's ability to carry oxygen

Thousands of children are admitted to hospital every year with the effects of passive smoking

It can cause both physical and psychological dependence

Tar is a sticky brown substance. When a smoker inhales about 70% of the tar in the smoke stays in the lungs.

Other chemicals found in tobacco include:

Acetone - Widely used as a solvent, e.g. in nail polish remover

Ammonia - Found in strong cleaning fluids

Arsenic - A deadly poison used in insecticides

Benzene - Used as a solvent in fuel

Cadmium - A highly poisonous metal used in batteries

Formaldehyde - Highly poisonous, used to preserve dead bodies

Hydrogen Cyanide - An industrial pollutant and gas chamber poison.

