

Smoking

- Cigarette comes from the French word meaning 'little cigar'.
- Cigarettes are made from the leaves of a tobacco plant. Tobacco has been in existence for thousands of years.
- Ancient cultures used to chew it, smoke it and use it as medicine for wounds.
- In the 1950s the link was made between smoking and lung cancer. Before this people believed smoking had health benefits.

There are over 4000 chemicals in cigarettes, e.g.

- Carbon monoxide – the gas found in
- Acetone – main ingredient in
- Formaldehyde - used to



Task: *Read 'Smoking - The Facts' and answer (in full sentences) the following questions.

- 1. What happens when you smoke and why is smoking harmful (include the name of the toxic substances)?
- 2. Explain how smoking can harm your appearance.
- 3. Explain what diseases smoking can cause.
- 4. Summarise the section on risks posed by smoking.

** Your Life Book 1 page 32*

What have you learned today?

- Use the information you have learned today to create an information leaflet for people of your own age about smoking, it should be titled: '10 things you should know about smoking'. Use images as well as text.
- Finish for homework – due next lesson