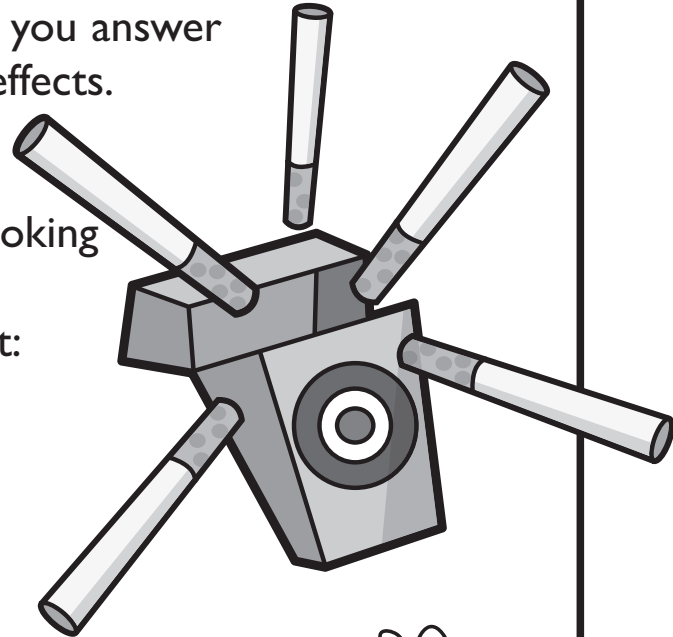


The True Cost of Smoking

Find a family member or parent to help you answer these questions about smoking and its effects.

How would you spread the message to other people about the problems of smoking and the benefits of giving up?

Here are some questions to think about:



1. How many chemicals are there in tobacco?

- a) 4000 b) 40 c) 400

2. Where might cancer grow in a person's body if they smoke?

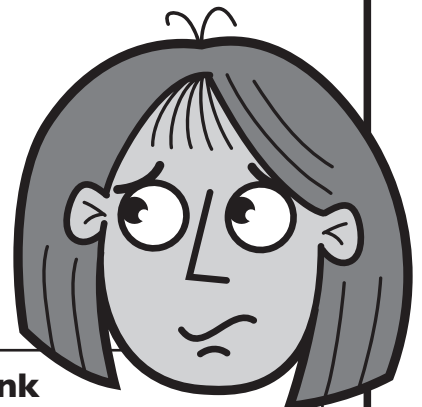
- a) lungs b) eyes c) mouth d) feet

3. After a person gives up smoking how soon will their body be free from nicotine and carbon monoxide?

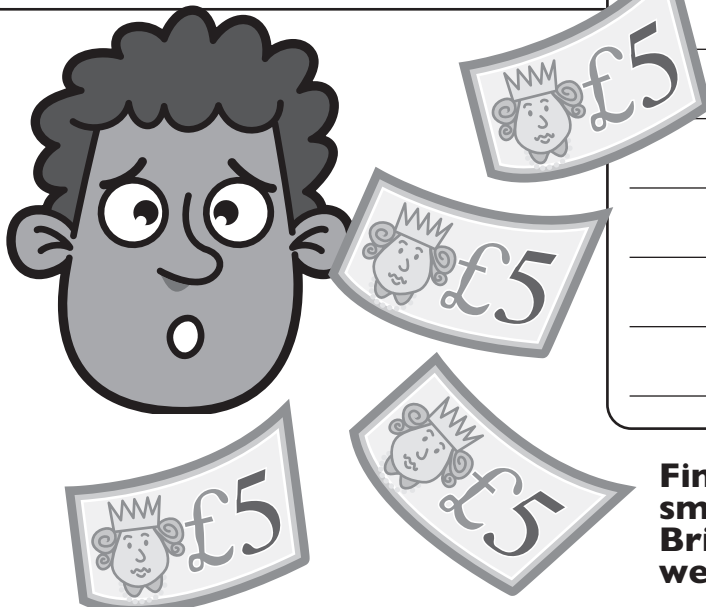
- a) 8 weeks b) 8 months c) 8 hours

4. How much does smoking 20 cigarettes a day cost, if a packet of 20 costs £10

- i) each day £ 10.00
 ii) each week £.....
 iii) each month £.....
 iv) each year £.....
 v) for 20 years £.....



What do you think are the positive effects of giving up smoking?



Find out more information about smoking and health on the British Heart Foundation website: www.bhf.org.uk

