

Tobacco Fill In The Blanks

V2

Tobacco is a stimulant **DRUG**, meaning it speeds up the messages between the brain and the body.

Tobacco comes in a range of different products including; cigarettes, **CIGARS**, loose tobacco and even **CHEWING** tobacco.

Tobacco is very **ADDICTIVE**. It is **PHYSICALLY** addictive, meaning the body gets used to it and will display physical effects.

The addictive chemical in tobacco is **NICOTINE**. But there are around **4000** different chemicals in tobacco, and around **70** are carcinogenic, meaning they can cause **CANCER**.

Ammonia, arsenic, benzene, cadmium, carbon monoxide, methane and **TAR** are just some of the chemicals found within tobacco and its smoke.

Tobacco has both short and **LONG** term effects on the body. Tobacco can have an impact on both our physical and **MENTAL** health.

Smoking tobacco, in the short-term, can cause someone to have a nicotine **RUSH**, often experiencing headaches and **DIZZINESS**. Tobacco can cause someone to smell, have bad **BREATH**, feel sick and even lose their **APPETITE**.

Long term tobacco use can lead to some **SERIOUS** health conditions including; heart **DISEASES**, stroke, **LUNG** damage, diabetes and cancer of the lung, throat and **MOUTH**.

Tobacco smoke is also dangerous for the people who breathe it in. This is called **SECOND - HAND** smoke. Breathing smoke in can cause coughs, headaches and a **SORE THROAT**. In the long term it can result in **ASTHMA**, lung damage and heart problems.

A person must be **18** or over to be sold tobacco in the U.K. Most shops run a **CHALLENGE** 21 or 25 scheme, meaning a person will be asked for **ID** if they look under 21 or 25.

Appetite	Drug	70	Diseases
Physically	Dizziness	Cancer	Lung
Chewing	Nicotine	Addictive	Asthma
Tar	Rush	Breath	Sore Throat
Cigars	4000	Mouth	Challenge
Long	Mental	18	Serious
ID			Second Hand