

# 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.

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