

The Dangers of Smoking **Answers**

1. Name **two** harmful substances found in cigarette smoke.

Any two from:

- carbon monoxide
- nicotine
- tar

Allow other substances not mentioned in the text, e.g. benzene, arsenic and formaldehyde.

2. Name **two** diseases that make up chronic obstructive pulmonary disease (COPD).

chronic bronchitis and emphysema

3. Explain why smokers often develop a cough.

Tar in cigarette smoke covers the cilia that line the trachea and bronchi. This prevents the cilia from sweeping mucus away from the lungs. This causes the person to cough to try and move mucus out of the airways.

4. Explain why many people find it difficult to stop smoking.

Cigarette smoke contains nicotine which is an addictive substance. Nicotine sends a message to the brain and produces a calming effect, making the person want to smoke more.

5. Give **two** reasons why people should give up smoking.

Any two from:

- reduce the risk of lung disease/COPD/emphysema/chronic bronchitis;
- reduce the risk of lung/mouth/throat cancer;
- reduce the risk of heart disease and heart attacks.

Allow other reasons not mentioned in the text, e.g. second-hand smoke can be harmful to others, cigarettes are expensive and cigarettes contribute to littering.

6. Suggest what could be done to educate people about the dangers of smoking.

Students' answers will vary but may include ideas such as:

- education outreach in schools to inform students about the risks associated with smoking;
- posters and leaflets in doctor's surgeries;
- advertising on television and billboards.