

Mt. Eden High School



P.E Make-up #11

Name: _____

Period: _____ Roll # _____

Teacher: _____

The Truth about Tobacco

Get the facts...

Slang-Cigarettes: Smokes, Cigs, Butts. Smokeless Tobacco: Chew, Dip, Spit Tobacco, Snuff. Smoking, which is the most common cause of lung cancer, is also a leading cause of cancer of the mouth, throat, bladder, pancreas and Kidneys. Over 13% -3.3-youth aged 12-17 have used a tobacco product in the past month. Smokeless tobacco contains 28 ingredients that can cause cancer in the lips, tongue, cheeks, gums, and the top and bottom of your mouth.

Tobacco affects your body's development. Smoking is particularly harmful for teens because your body is still growing and changing. The 200 known poisons in a cigarette smoke affect your normal development and can cause life-threatening diseases, such as chronic bronchitis, heart disease, and stroke.

Tobacco is addictive. Cigarette contains nicotine-a powerfully addictive substance. The younger a person starts smoking, the more likely he is to become strongly addicted to nicotine.

Tobacco can kill you. Each year the U.S, cigarette smoking accounts for 440,000 deaths. More deaths are cause each year by tobacco than by all deaths from HIV. illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.

Answer the following questions based on the reading above:

1. How many poisons are in the cigarette smoke? _____

2. Smoking is the most common cause of what? _____

3. Name two diseases that are caused by smoking (1) _____ (2) _____

4. How many deaths in the U.S are caused by smoking each year? _____

Aerobic Activity: Do 3 days of 20 minutes of aerobic activity

| | <u>DATE</u> | <u>ACTIVITY</u> | <u>TIME</u> |
|----|-------------|-----------------|-------------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |

Strength Activity: For strength development do **4 separate days** of the following
2 sets of 10 push-ups & 2 sets of 20 sit-ups

Circle the 4 days you completed push-ups and sit-ups

Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE: _____ DATE: _____