

The Dangers of Smoking

Read the passage carefully and fill in the missing words, using the word bank at the bottom.

Millions of people in the United Kingdom are _____. However, cigarettes are _____ to health and are also very expensive. This is why lots of people often try to give up smoking.

How Much Does Smoking Cost?

A person that smokes 20 cigarettes each day will spend nearly £50 every _____ on cigarettes. This adds up to £2000 a _____.

How Else Could This Money Be Spent?

This money could be used for holidays, treats, days out or other exciting ways! Smoking also costs the country a lot of money in _____ care to treat the people who become ill from smoking.

How Is Smoking Dangerous for Health?

The chemicals in cigarettes can cause all types of _____ problems. It can cause coughs, _____ problems and much more serious illnesses, such as cancer.

How Does Nicotine Affect the Body?

Nicotine is _____. This is why people find it hard to _____ smoking. Nicotine affects the brain. When smoking, brain cells send messages to other areas of the body to make a person more _____. When this relaxed feeling wears off, smokers feel like they need another cigarette.

How Else Can The Body Be Affected?

The tar in cigarettes can stain _____ and fingers yellow. The heart has to work harder and pump more _____ around the body because of dangerous carbon monoxide.

How Can Someone Stop Smoking?

It is _____ to stop smoking but there are lots of places to get help. The NHS offers lots of help and support. People sometimes use _____ patches so that they can slowly get used to there being less nicotine in their system. Within 1 – 9 months of stopping smoking, the lungs start to get better.

nicotine	difficult	teeth	addictive	smokers	oxygen	breathing
relaxed	week	stop	dangerous	health	year	medical