

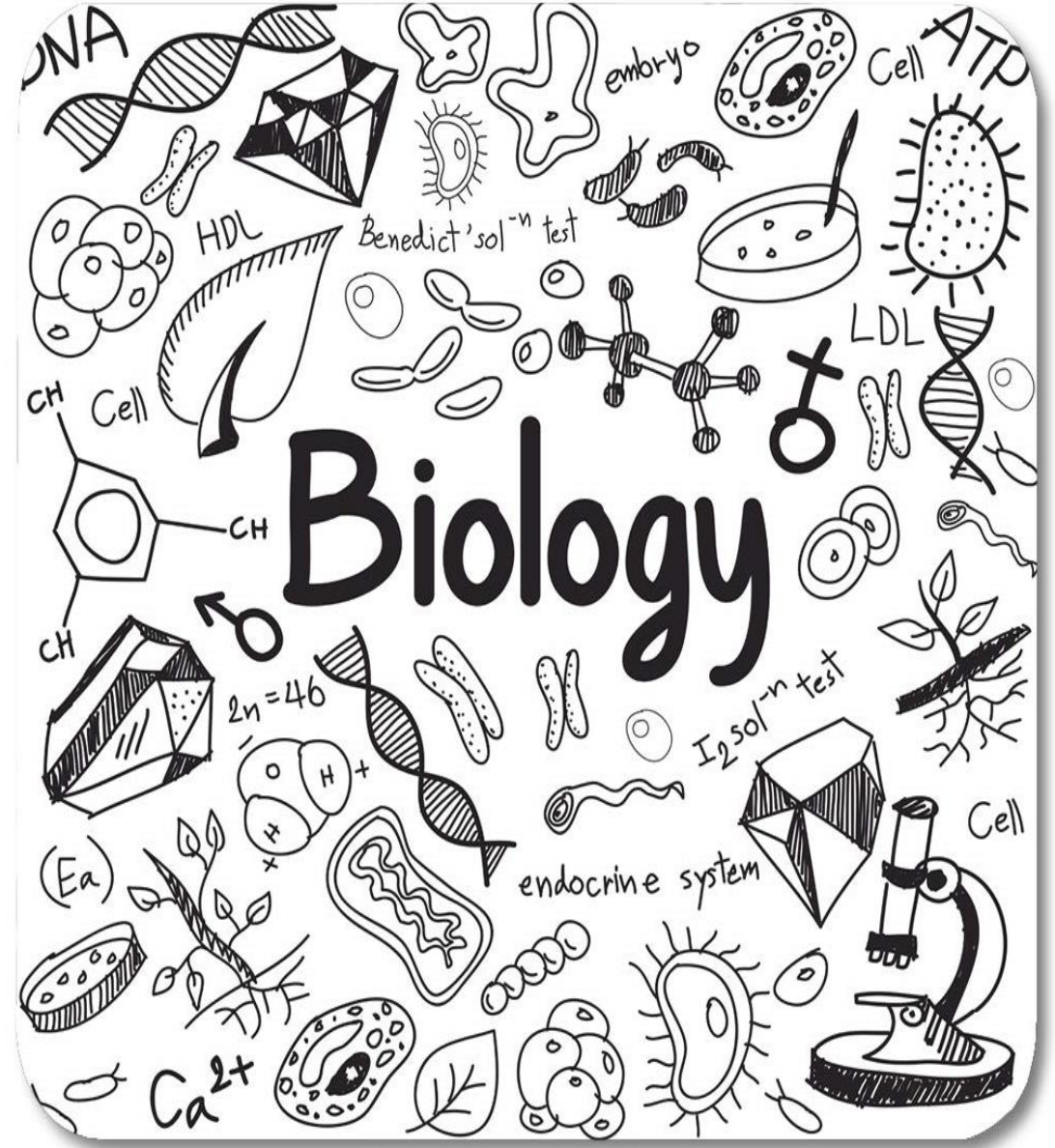


The National  
Orthodox School  
Shmaisani

Lesson: **Smoking and health**

Scholastic Year: 2022-2023

Grade: 7CS



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Objective : Describe the effect of smoking on our health .

Resources

Power point + workbook page 58.

# Smoking and lung damage

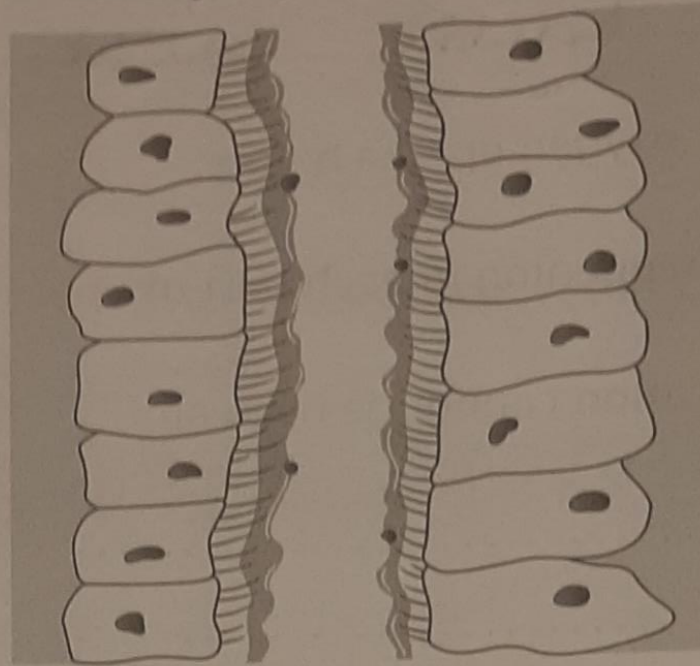


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The table below shows the damage caused by each chemical in cigarette smoke :

Chemical	Damage caused
Tar	<ul style="list-style-type: none"><li>• Paralyzes cilia, leading to a buildup of mucus, causing coughing and increasing the chance of infection.</li><li>• Increases the risk of developing lung cancer.</li></ul>
Carbon monoxide	Binds to red blood cells, reducing the amount of oxygen they can carry
Nicotine	<ul style="list-style-type: none"><li>• Acts on brain cells and makes people addicted to cigarettes.</li><li>• Narrows blood vessels, and increases your risk of having a heart attack or stroke.</li></ul>

- 1 The diagram below shows the cells that line your lungs.  
a Add labels to show how lungs are normally kept clean.



- b List six changes that take place if you smoke.

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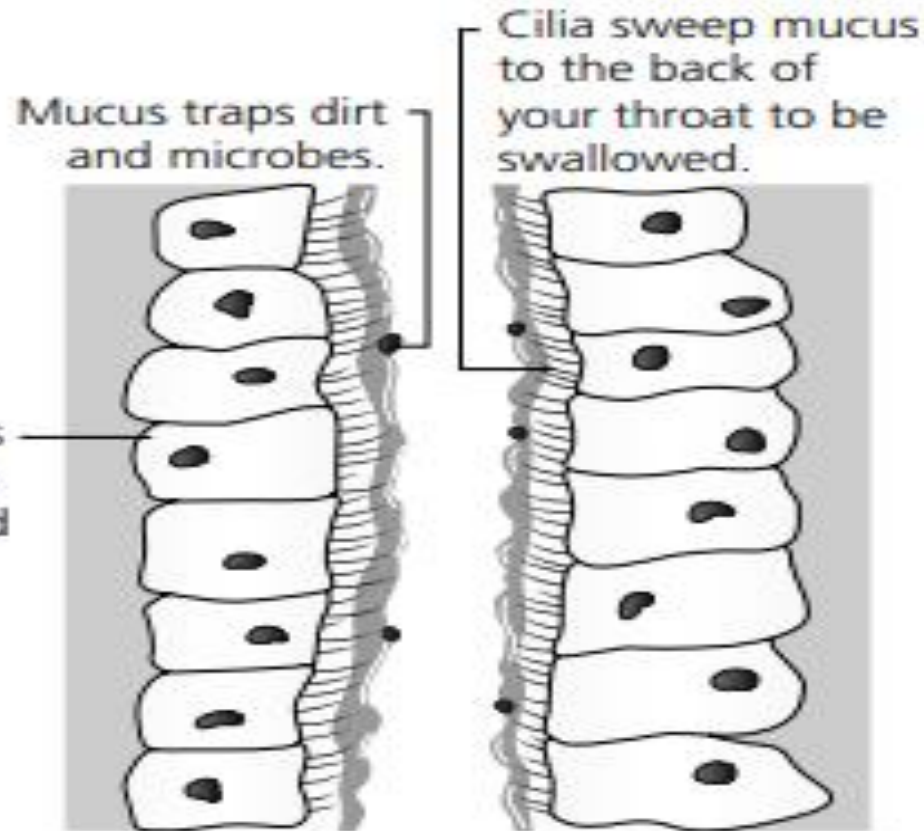
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- c List two diseases that smokers are more likely to suffer from.

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Question 1 : a.

The main airways  
in your lungs are  
lined with ciliated  
cells and coated  
with a layer of  
mucus.



b. Any six from the following.

Cilia are paralyzed (stop moving) / Dirt, microbes, and chemicals from cigarette smoke build up in the mucus / Oxygen uptake slows / Lung infections increase / Mucus is coughed up / The airways become narrower / Breathing becomes difficult / The alveoli walls break down / The surface area available for gas exchange is reduced.

c. Smokers are more likely to suffer from lung cancer and heart disease.

2 Fill in the gaps in the following paragraph with words from the box below.

Cigarette smoke contains many ..... chemicals. Tar paralyses ..... and makes mucus build up in the lungs. It is also carcinogenic so it can cause lung ..... Carbon monoxide ..... the amount of oxygen blood can carry. Nicotine ..... smokers' blood pressure by causing blood vessels to become ....., so it increases their risk of having a ..... attack. It also makes cigarettes .....

raises cancer addictive narrower harmful reduces heart cilia

The missing words are: harmful, cilia, cancer, reduces, raises, narrower, heart, addictive.