



Tobacco Table Quiz

(with answers)

The correct responses are underlined.

1.	How many chemicals are there in tobacco smoke? A) 200 B) <u>7,000</u> C) 40,000
2.	How many of these chemicals are known to be cancer causing? A) <u>69</u> B) 35 C) None
3.	On average, by how many minutes does every cigarette shorten a smoker's life? A) 30 minutes B) <u>11 minutes</u> C) Not at all
4.	What causes the most deaths in Ireland every year? (Rank in order of 1-3, with one being the highest) A) Alcohol-related deaths B) Road traffic accidents C) Tobacco Answer: 1 Tobacco (6,000), 2 Alcohol (2,790), 3 Road traffic accidents (148)
5.	Rank these substances in order of how quickly they reach the brain? (1 being the fastest, 3 being the slowest) A) Alcohol B) Caffeine C) Nicotine Answer: 1 Nicotine (1-8 seconds), 2 Alcohol (2-30 seconds), 3 Caffeine (3-10 minutes)
6.	What is the best way for smokers to avoid harming others with second-hand smoke? (Choose one or more) A) Smoke in a different room B) <u>Smoke outdoors</u> C) <u>Quit smoking</u>
7.	Second-hand (passive) smoke can increase the risk of: (Choose one or more) A) <u>Asthma and bronchitis</u> B) <u>Cancer</u> C) <u>Heart disease</u> D) <u>Middle ear infections</u>
8.	What happens to people's lungs when they smoke? A) <u>The healthy pink lung tissue turns black</u> B) Their lungs perform better when playing sports C) It becomes easier to breathe
9.	What happens to the person's body when they smoke? (Choose one or more) A) Their teeth get whiter B) <u>Their skin gets wrinkly at a younger age</u> C) Their breath and gums are healthier
10.	Women who smoke during pregnancy increase the risk of: : (Choose one or more) A) <u>Still Birth</u> B) <u>Cot Death</u> C) <u>Birth defects</u>
11.	True or False, young people in Ireland who smoke, when compared to young people who don't smoke, are more likely to: a. Fall asleep more easily <input type="checkbox"/> True <input checked="" type="checkbox"/> False b. Feel nervous or low <input checked="" type="checkbox"/> True <input type="checkbox"/> False c. Have good digestion <input type="checkbox"/> True <input checked="" type="checkbox"/> False d. Feel dizzy or get headaches <input checked="" type="checkbox"/> True <input type="checkbox"/> False
12.	Which of these can be withdrawal symptoms of vaping? (Choose one or more) A) <u>Difficulty sleeping</u> B) Excessive thirst C) <u>Difficulty concentrating</u>