

## Tobacco Table Quiz (without answers)



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