Skills Worksheet

Concept Review

Section: Tobacco Use – Pgs. 264-266

Decide whether each statement below is true or false. Use “T” for a true statement and “F” for a false statement. If a statement is false, explain why it is false on the line below.

1. Herbal cigarettes are not as dangerous as tobacco cigarettes.

2. The addictive drug found in tobacco is nicotine.

3. Sixty milligrams of nicotine are enough to kill most people.

4. Pipe tobacco and cigars are not as dangerous as cigarettes because the smoke is not inhaled deeply.

5. Eight dips of snuff per day have as much nicotine as about 30 cigarettes.

6. Almost all smokers start as teenagers.

7. Quitting smoking is easy, and withdrawal is pleasant.

8. Nicotine has no effect on the brain.

9. Oral cancer can be severely disfiguring.

10. Tar itself does not contain any carcinogens.

11. Carbon monoxide helps oxygen get into the bloodstream.