

# ***Worksheet :*** ***Are there any benefits to Smoking ?***

## Instructions :

I - Read the text “the biggest myths about smoking” twice, don’t make any notes !

II - Test your short-term memory:

Answer the comprehension questions in your own words

III - Compare your answers orally with a partner

IV- Fill in the “Vocabulary Hunt” grid

V - Volunteer to answer orally in front of your peers during the correction with your teacher.

## **I - Comprehension:**

1- What are the three most common benefits that people believe smoking has ?

The most common benefits that **people believe** are that **smoking is good for** :

- ⇒
- ⇒
- ⇒

2- What is the reality like ?

=> The reality is that

3- What happens to the level of stress in former smokers ?

=> After stopping smoking

4- What are you likely to experience for the first few weeks after giving up ?

=> For the first few weeks

5- How long do these symptoms of withdrawal normally last?

=> These symptoms normally last

6- What is the typical weight gain when you stop smoking?

=> When you stop smoking the typical weight gain is

7- What does nicotine act as?

=> The nicotine from smoking acts as  
and smoking also

**8- What will Smokers often replace cigarettes with when stopping smoking?**

=> Smokers will often

**9- What should former smokers do to prevent weight gain? What for ?**

=> Former smokers should have

**10 - Right or Wrong? (Justify your answer)**

\* Smoking can help reduce the risk of of Alzheimer's disease.

=>

\* Smoking increases your risk of dementia.

=>

**11- Where can we find more information?**

=> More information can be found

**12- Why are Nicotine Replacement products less harmful to babies than smoking?**

=>

**13- Right or Wrong? (Justify your answer)**

\* Light, mild or low tar cigarettes are a 'healthier' alternative to smoking 'full strength' cigarettes.

=>

**14- What conclusions can we draw about light, mild or low tar cigarettes?**

=>

**15- Right or Wrong? (Justify your answer)**

\* Cutting down is a good way to reduce the health risk from smoking.

=>

**16- What is the only way to really reduce the risks from smoking?**

=> The only way to really reduce the risks from smoking is

**17- What is an option if you cannot stop smoking totally?**

=>

18- What is one of the easiest ways to get back into smoking once you have stopped?

=>

19- What piece of advice can we give to people who have given up?

=>

=> If you really are desperate for 'just one' you should

20- Right or Wrong? (Justify your answer)

\* Some people get addicted to Nicotine Replacement Therapy.

=>

\* Explain why.

=>

21- What is the proportion of all smokers who will die as a result of smoking?

=>

22- How long can it take to totally reduce your risk of heart attack to that of a non-smoker?

=> After stopping smoking it can take

23- Right or Wrong? (Justify your answer)

\* Changing to a roll-up cigarette can help them to stop smoking, or to reduce the harmful effects of smoking.

=>

\*Explain why.

➤

➤

➤

24- Right or Wrong? (Justify your answer)

\* The risk of fatal disease is the same for smokers and non-smokers.

=>

## II - “Vocabulary Hunt”

Find the English equivalents in the text, specify their grammatical category and their line reference.

French	line ref.	English	grammatical category
1. Ancien fumeur			
2. En moyenne			
3. Grignotage			
4. Enceinte			
5. Actuellement			
6. Pas assez de preuves			
7. Significatif			
8. Médecin généraliste			
9. Goudron			
10. Léger(e)			
11. Doux/douce			
12. En termes simples			
13. Nocif/Nocive			
14. Cigarettes Roulées			
15. Simplement			
16. Un essai (de s'arrêter)			
17. Réussir			
18. Se laisser tenter			
19. Envies/besoins Manques			
20. Une toute petite quantité			
21. Maladie mortelle			
22. Cessité			
23. Douleurs pernicieuses			

French	line ref.	English	grammatical category
24. Désagréable			
25. En fait, en réalité			
26. S'éteindre (de soi-même) (feu/cigarette)			
27. Cancer des poumons			
28. De manière significative			

### III - Translation :

Une des raisons les plus courantes que les gens donnent pour continuer :

=>

Il devrait vraiment s'arrêter de fumer :

=>

=>

Il est essentiel de ne jamais reprendre si vous voulez réussir :

=>

Le mieux est de passer à autre chose :

=>

### IV - Bonus Exercise :

Put the verbs in brackets into the correct tense

#### No Smoking Day 2007 - Theme

Two thirds of smokers want to stop and 83% wish they (to start) \_\_\_\_\_ never

\_\_\_\_\_ smoking in the first place.

No Smoking Day research with smokers (to show) \_\_\_\_\_ that people want to quit before they (to get ill) \_\_\_\_\_ but that the stench, the grime and the cost (to be) \_\_\_\_\_ everyday reminders about why they want to stop.

This year's theme is about making a fresh start. It's about making a change that improves the whole of your life. The campaign image (to reflect) \_\_\_\_\_ the stark difference between a smoke-filled and smoke-free life.

**"Make a fresh start"** is about waking up on No Smoking Day and starting a life that isn't filled with bad health, bad breath, wasted money and stale smoke. The theme is about starting a fresh-smelling life, with more money to spend, better health and better looking skin and hair.

## No Smoking Day 2007

- No Smoking Day is organised by a charity of the same name, based in London
- No Smoking Day 2007 is on Wednesday 14 March
- No Smoking Day is in its 24th year
- No Smoking Day has helped over 1.2 million smokers to stop smoking for good since it began in 1984
- There are around 12 million smokers in the UK. Seven out ten want to stop smoking
- This year's theme is **"Make a fresh start"**. The campaign image uses an image that contrasts the stark difference between a smoke-filled and smoke-free life. The top half of a daisy is fresh and dewy. The bottom half is made up of dirty cigarettes with stale ash and smoke wafting across the picture. Smokers who are ready to make a fresh start can use the helpline or website given in all of No Smoking Day's materials

## Fast Facts

Below we've compiled a list of key smoking-related facts for any No Smoking Day features or articles you are writing. If you have any specific queries don't hesitate to contact No Smoking Day on 0870 770 7909.

- About 12 million adults in the UK smoke cigarettes - 26% of men and 23% of women. In 1974, 51% of men and 41% of women smoked cigarettes - nearly half the adult population of the UK. Now just over one-quarter smoke, but the decline in recent years has been heavily concentrated in older age groups: i.e., almost as many young people are taking up smoking but more established smokers are quitting.
- Smoking is highest among those aged 20-24: 36% of men and 29% of women in this age group smoke. Among older age groups prevalence gradually declines with the lowest smoking rate among people aged 60 and over: 14% smoke in this age group.
- Men and women in the unskilled manual socio-economic group are more likely to smoke than people in the professional group. 20% of men and 17% of women in the professional group smoke compared with 32% of men and 30% of women in routine and manual jobs.
- People do give up - 20% of women and 28% of men are ex-smokers. Surveys show that about 70% of current smokers would like to give up altogether.
- Every year, around 114,000 smokers in the UK die as a result of their addiction
- Smoking kills around six times more people in the UK than road traffic accidents (3,439), other accidents (8,579), poisoning and overdose (881), alcoholic liver disease (5,121), murder and manslaughter (513), suicide (4,066), and HIV infection (234) all put together (22,833 in total - 2002 figures).
- Smoking causes thirty per cent of all cancer deaths (including at least 84% of lung cancer deaths), 17% of all heart disease deaths and at least 80% of deaths from bronchitis and emphysema.
- Stopping smoking reduces this excess risk - stopping before age 35 can reduce a smoker's health risks to the same as those of a life-long non-smoker