

Unit 7: Alcohol and Tobacco

Page 1: TITLE PAGE: Include the following

- A. Title of booklet: Alcohol and Tobacco
- B. Your Name
- C. An appropriate ANTI alcohol and tobacco picture from pages 411-434

Page 2: What to Know About Alcohol: Include the following from page 411-412

- A. List the percentages of alcohol in most wines, Beer, and Liquor
- B. Explain the amount of alcohol that equals one drink. Be sure to include the amount of beer, wine and alcohol in mix drinks.
- C. List 3 myths about how to break down alcohol.

Page 3: BAC Factors and What Happens: Include the following from page 412-413

- A. List all 10 factors in the book that affect BAC levels
- B. Chose and Explain 4 of the factors from your list above about BAC levels.
- C. What is drinking large amounts of alcohol in shorts periods of time called?
- D. What occurs at the following BAC levels .02 / .08-.10 / .12 / .40-.50

Page 4: How Alcohol Affects the Body: Include the following from page 414-415

- A. List the areas of the body alcohol can affect.
- B. How does alcohol affect the nervous system?
- C. Write the 3 stages of damage alcohol causes to the digestive system

Page 5: Other Considerations About Drinking Alcohol: Include the following from page 416-421

- A. List and explain 3 ways drinking alcohol can affect your thinking and decision making
- B. Write one paragraph describing how alcohol use could have a negative affect on your life.

Assignment: Lesson 37 Quiz

Page 6: Alcohol Treatment / Alcohol Advertisement: Include the following from page 420-421

- A. List and read the other risk factors on page 420 that deal with alcohol
- B. List and explain 5 ways alcohol is advertised in society
- C. What does the alcohol advertiser want you to believe as a teen to believe about using alcohol? (answer in your own words)

Page 7: What to Know About Nicotine: Include the following from page 425

- A. Describe everything that nicotine can do to the body
- B. List the other drugs that health organizations declare to be as addictive as nicotine
- C. Explain what happens to people who are trying quit using nicotine but suffer from *Nicotine withdrawal syndrome*
- D. Nicotine can raise persons resting heart rate approximately how many beats per minute?

Page 8: Smoking Can Harm Your Health: Include the following from page 426-427

- A. What type of cancer kills the most people?
- B. Smoking is a major risk factor for what types of cancer
- C. List and explain the two types of cardiovascular issues smoking can cause.

Page 9: Myths about Teen Smoking & What to Know About Secondhand Smoke:

Include the following from page 427-428

- A. List the 4 myths about teen smoking on page 427 **ALSO BE SURE TO READ THE TRUTH**
- B. List 4 ways to avoid secondhand smoke

Page 10: Smokeless Tobacco and Tobacco Advertising: Include the following from page 429-431

- A. What is the difference between chewing tobacco and snuff?
- B. Does smokeless tobacco contain carcinogens? Yes or No?
- C. List 3 ways the FDA has tried to limit tobacco advertisement
- D. Cigarette companies are required to display what warning on their product?
- E. What does the Surgeon General's Warning say?
- F. Approximately how many people die each year from smoking?

Page 11: Quitting Smoking and Smoking Cost: Include the following from the page 432-434

- A. List three methods you could tell others about to help them quit smoking
- B. Add up how much you would spend a week, month, and a year if you smoked a pack of cigarettes a day (each pack cost \$3.50)
- C. Write down something you could buy with the money you would save from not smoking. List something for the week, month, and year.

Assignment: Tobacco Crossword puzzle