**Smoking is BAD**

1. **Work with your partner to answer the following questions**
2. **You may use note format or sentences**

**30.6 Smoking damages the body and shortens life.**

1. [Read pages 670-671 (Biology text or PDF)](https://drive.google.com/file/d/1kjgzl9RF3mAuext0M3xjx-cG_pQQ_GRs/view?usp=sharing)
2. What are 3 negative impacts of smoking on the body?

* Exposes the smoker to more than 4,000 different chemicals
* Without cilia, cells lose the ability to move the harmful particles out of the respiratory system
* Higher chance of developing diseases
* Emphysema causes the smoke to be trapped inside the alveoli during exhalation causing breathing to become more difficult, more easily tired and dramatic weight loss.

1. Read the information "What about e-cigarettes and hookahs?" and "How can smoking affect health?" at the following link: E cigarettes are an alternative for regular cigarettes being a battery operated lung trap filled with nicotine and other harmful chemicals. E- cigarettes can cause serious lung damage or even death. Hookahs are water pipes that are supposedly better than regular cigarettes, but they are even worse. Hookahs are used to smoke tobacco through a pipe hole with black gunk that builds up and weakens you. Smoking overall can cause various diseases, death, serious lung damage and more.

<https://kidshealth.org/en/teens/smoking.html>

1. Why are e-cigarettes just as unhealthy as smoking cigarettes? E cigarettes contain nicoctine
2. Why do YOU think e-cigarettes are more popular than cigarettes?
3. In addition to lung diseases, what other problems occur from smoking cigarettes and e-cigarettes?