Health and Fitness- Worksheet

Name

Club Name

Class - Voyager

1.a Explain the 7 effects of Tobacco on the body

a.

c.

d.

e.

f.

g.

h.

i.

1b. Explain the reason behind the warning on the cigarette packet: ‘’Warning- Smoking is a health hazard’’

2a. Name 7 ingredients of tobacco smoke

a.

b.

c.

d.

e.

f.

g.

2b. Explain 6 effects of alcohol on the body

a.

b.

c.

d.

e.

f.

2c. What would you do if:

1. Your best friend asks you to a cigarette
2. A classmate offers you money to sell marijuana
3. An older relative offers you a drink of beer
4. The smoke from a strangers cigarette is bothering you
5. A friend asks you to smoke marijuana
6. You are at a party with a friend, he gets drunk and insists on driving you