



QUIT QUIZ SHEET

- 1. There are over 4000 chemicals in tobacco smoke. Which of the following can be found in tobacco smoke?**
 - A. Lead
 - B. Arsenic
 - C. Nickel
 - D. All of the above
- 2. When you quit, food tastes better so you might want to eat more. Which of the following alternatives can limit the risk of weight gain?**
 - A. Snacks such as fruit slices or dried fruit
 - B. A glass of red wine
 - C. Cheese
 - D. Crisps
- 3. One of the most well-known hits by the British rock band Deep Purple is Smoke on the water. How do the lyrics go? Smoke on the water...**
 - A. ...and fire all around
 - B. ...and fire in the sky
 - C. ...no fire ever seen
 - D. ...but no fire in the sky
- 4. The smoking ban in England makes it illegal to smoke in all enclosed workplaces. When was the smoking ban introduced?**
 - A. 2004
 - B. 2011
 - C. 2006
 - D. 2007
- 5. Over 600 additives are allowed in UK cigarettes. They're added during the manufacturing process to make tobacco products more acceptable to the user. Which of the following is NOT an additive?**
 - A. Chemicals in liquorice to open the airways allowing more nicotine and tar into the lungs
 - B. Ammonia to increase the addictiveness of nicotine
 - C. Wood to control the burn temperature
 - D. Sweeteners to add flavour and lessen the harshness of the smoke
- 6. The rock band Ash from Northern Ireland has sold millions of albums worldwide. Which of the songs below is one of their hits?**
 - A. Fags
 - B. Burn baby burn
 - C. The smoker
 - D. Quit for good
- 7. Shisha smoking, also known as water pipe smoking or hookah, is flavoured molasses through a bowl and hose from which the smoker inhales smoke into the lungs. The average shisha-smoking session lasts an hour and in this time you can inhale the same amount of smoke as from...**
 - A. 2 cigarettes
 - B. 25 cigarettes
 - C. 50 cigarettes
 - D. More than 100 cigarettes
- 8. Fire safe cigarettes are cigarettes designed to extinguish more quickly to prevent accidental fires. The tobacco industry can make fire safe cigarettes by adding fire-retardant paper in all cigarettes. When did fire safe cigarettes become standard in Europe?**
 - A. 1967
 - B. 1975
 - C. 1996
 - D. 2011
- 9. Cigarette smoke can reduce the level of vitamin C and E in the body leaving the body vulnerable to attacks by toxins and free radicals. What can you eat to increase your vitamins C and E intake?**
 - A. Bread
 - B. Egg
 - C. Fruit and vegetables
 - D. Dark chocolate
- 10. Quitting smoking is the best thing you can do to become healthier. How long does it take for your body to improve your ability to taste and smell?**
 - A. 48 hours
 - B. 5 months
 - C. 9 months
 - D. 2 years

11. Second-hand smoke, also called 'passive smoking', is when someone inhales other people's smoke. Being exposed to second-hand smoke can cause a number of health problems. Which of the following health issues are not associated with second-hand smoke?

- A. Headaches
- B. Irritation of the eyes, nose and throat
- C. Knee injuries
- D. Coronary heart disease

12. In 2010, cigarettes, cigars and pipes caused more than one in three deaths in house fires. A smoke alarm can help save your home and the lives of you and your family. When was the first battery powered home smoke detector invented?

- A. 1965
- B. 1969
- C. 1980
- D. 1991

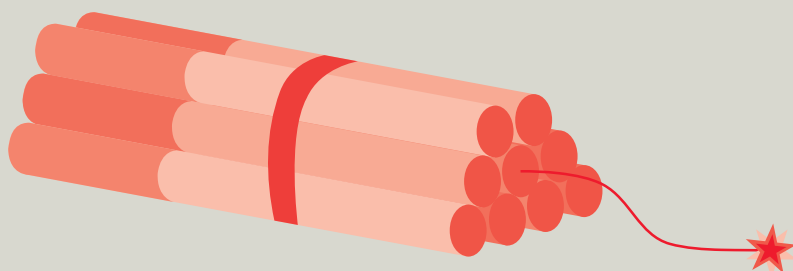
13. About half of all regular smokers will eventually be killed by their habit. In the UK, how many smokers die from heart and circulatory disease each year?

- A. 6,000
- B. 13,000
- C. 17,000
- D. 25,000

14. What is the risk to smokers of having a heart attack compared with people who have never smoked?

- A. Only half the risk
- B. About the same
- C. Slightly increased risk
- D. Nearly twice the risk

**MISSION VERY
POSSIBLE!**





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CORRECT ANSWERS

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