

MY NAME _____

Healthy Body - '5 Reasons to not smoke!' page 24

HEALTHY VIBE

HEALTHY BODY

5 REASONS TO NOT SMOKE!

1. Live longer and get more out of life!

Not smoking helps you live longer by dramatically reducing your chances of heart attack, stroke and a bunch of other terminal illnesses – and it also helps you live better. You may not think about it when you're young and feeling fit and healthy, but the longer you smoke, the more health problems you're going to have later on in life, which is going to have a big impact on your standard of living. Being fit helps you to be active, which in turn boosts your confidence, self-esteem and wellbeing.

2. Look better!

Think about all the horrible stuff smoking does to your appearance. People who smoke get more wrinkles and they age more quickly. Tobacco also stains your teeth, makes your hair go grey earlier than it usually would – and the toxins in cigarettes change the oil secretions in your face, making you more likely to have breakouts and bad skin.

3. Set the right example

There is no greater influence on a young person taking up smoking or not than the people closest to them: their friends and, more importantly, their family.

Research has shown that over 50 per cent of Aboriginal people smoke cigarettes!

With such a high number of our mob already smoking, it's no wonder more of our young people take up the habit

than any other group in the country. So whether you're a mum, dad, uncle, aunty, big bro or sis, whatever, it doesn't matter, simply by quitting or not smoking yourself you'll be doing the best and most impactful thing you possibly could to ensure our young people grow up healthy and strong.

4. Save money!

Cigarettes don't come cheap, and at \$14 a packet, on average, the amount of money smokers end up paying towards their habit in a year, or even a month, can be staggering.

SMOKING TOBACCO IS ONE OF THE GREATEST KILLERS OF ABORIGINAL PEOPLE AND CULTURE

Think of it like this. At today's prices, if you smoke one pack of cigarettes each day for 10 years, you'll spend over \$51,000 – easily enough to buy a new car or put towards a house. Also, think about what you could do for yourself and your family with that extra money.

And the financial benefits of not smoking don't just end with what you're paying over the counter. People who smoke are more likely to get sick, which means you'll also be paying more on trips to the Doc and on medicines.

5. Help your people and culture survive

Smoking tobacco is one of the greatest killers of Aboriginal people and culture. Around 20

per cent of Aboriginal deaths each year are attributed to smoking tobacco. Aboriginal and Torres Strait Islander people, on average, die 17 years younger than other Australians, and tobacco is playing a huge part in that statistic. To turn things around, more of our mob have to stop smoking! And support others in our community to do the same.

HOT OFF THE PRESS

Aboriginal hostels ban smoking indoors

To help combat the prevalence of Indigenous smokers, Aboriginal Hostels Limited has announced they'll be doing everything they can to discourage Aboriginal people from smoking.

"It's clear that it's one of the biggest killers of Indigenous Australians," says AHL general manager Roger Barson.

Hostels will begin to advertise anti-smoking messages, and will also be smoke-free, apart from designated smoking areas.

"We want to help them understand their own health, understand what smoking is doing and give support to those wanting to quit," says Roger.

There will be health education and promotion activities by staff to prevent, reduce and stop smoking.

"It won't happen overnight, but we're taking a much more active approach," says Roger. "The hostels tend to cluster around secondary education and healthcare and these places fit into their neighbourhoods."



READ 5 Reasons to not smoke! on page 24

ACTIVITY 1 BUILDING READING SKILLS

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

Literal The answer is located in one sentence in the text.

Inferred You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.

Applied The answer is in your background knowledge, what you already know or feel.

Shade one bubble.

1. The text says that if we don't smoke, we (inferred)

- live longer.
- look worse.
- decrease our energy.
- waste money.



2. Which of these is **not** true?

(inferred)

- Smoking increases your chances of having heart problems
- Smoking gets rid of wrinkles
- Smoking can be very expensive
- Smoking can shorten your life

3. *Not smoking helps you to live longer - and it also helps you to live better.*

What does the dash (-) show about the two ideas in this sentence?

(inferred)

- The first idea is the opposite of the second idea
- The first idea is more important than the second idea
- The second happened just after the first idea
- The second idea helps to expand on the first idea

4. According to the text, what is one reason that Aboriginal and Torres Strait Islander people die 17 years younger than other Australians?

(inferred)

- drinking too much water
- smoking tobacco
- not having enough exercise
- heart attacks

5. The way this text is written leads the reader to

- want to keep free of wrinkles
- think about health problems that come from smoking tobacco
- help the community
- understand why hostels have banned smoking

(applied)



ACTIVITY 2 LANGUAGE CONVENTIONS – SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. There are five reasons not to smoke.

2. You look beter if you don't smoke.

3. You set the rite example of you don't smoke.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. Not smokeing helps you to live longer.

2. Smoking increases your chances of hart attacks.

3. The longer you smoke, the moor health problems you will have.



ACTIVITY 3 LANGUAGE CONVENTIONS – GRAMMAR

Shade one bubble.

1. Which word correctly completes the sentence?

_____ causes a lot of health problems.

- Smokey
- Smoking
- Smokier
- Smokes

2. Which word or words does it refer to in this sentence?

His health may look OK now, but if Jerry doesn't stop smoking, it may cause problems when he's a bit older.

- his health
- smoking
- OK
- when he's a bit older

3. Which words correctly complete this sentence?

They _____ smoking right away if they knew the health risks.

- would stop
- will stop
- will have stopped
- would stopped



ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

Shade one bubble.

1. Some commas (,) have been left out of this sentence. Which sentence has the commas in the correct place?

- Smoking causes heart, disease, strokes, and wrinkles.
- Smoking causes heart disease, strokes and wrinkles.
- Smoking causes heart disease strokes, and wrinkles.
- Smoking causes, heart disease strokes and wrinkles.

2. Which sentence has the apostrophe (') in the correct place?

- Our bodie's don't need smoke.
- We do'nt think about how much damage smoking causes.
- If you're smoking, you could damage your heart.
- There's' a lot of toxins in tobacco smoke.

3. Each of these sentences has the final punctuation missing.

In which sentence is a question mark (?) needed?

- I want my dad to give up smoking
- Will you try to convince my dad to give up smoking
- I asked if dad would try to give up smoking
- I will tell dad to give up smoking



ACTIVITY 5 WRITING AN EXPOSITION

An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument Type	Social Purpose	Stages	Phases
Exposition	Argues one point of view about an issue	Thesis	Preview
		Arguments	Evidence Statistics Quotes Examples Elaborations
		Restatement	Review Conclusions

What are some reasons to never start smoking?

Write an EXPOSITION to argue your suggestions.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing
- choose your arguments carefully
- give reasons for your arguments
- give examples to support your arguments
- write in sentences
- pay attention to your spelling and punctuation
- use a new paragraph for each new idea
- choose your words carefully to convince a reader of your opinions
- check and edit your writing so that it is clear for a reader.