

VIBE ACTIVITIES

Healthy Vibe – *Feel Good* page 24



HEALTHY VIBE

Feel Good

Butt out that last smoke and your body starts to heal

WE ALL KNOW THE POTENTIALLY DISASTROUS TOLL SMOKING CAN TAKE ON THE BODY.

We see it every night on TV, in newspapers, on billboards – the graphic pictures of someone coughing up blood, the whistling airways as a young person is diagnosed with lung cancer, the blackened lips, teeth and tongue from mouth cancer...

The images are so graphic, many smokers no doubt flick over the channel, close the newspaper or simply have another cigarette thinking, 'it won't happen to me'. Such is the power of the nicotine drug over us until the reasons not to smoke outnumber the reasons to smoke, or we get sick and can't shake a cough, or our kids beg us to 'give up'...

It's at this crossroads that we start to think seriously about staying off the smokes and, if we've got any sense, we'll build on that intention until we make a decision to become a non-smoker.

Once we have our last cigarette we instantly become a non-smoker and it feels good. Not just mentally, to know that you're not a slave to nicotine and to know that somewhere between two weeks and three months your lung function will increase by up to 30%, but physically as well.

Very definite physical improvement begins almost immediately after we butt out – actually 20 minutes after we become a non-smoker when our blood pressure and heart rate go back to normal. Other positive physical benefits, according to the Australian Government's Quit Now website, are that after 24 hours carbon monoxide levels have dropped dramatically and, after five days, your sense of taste and smell are improving.

At around six weeks your risk of wound infection after surgery is reduced and at around three months the cilia in your lungs, which are responsible for protecting them from germs, begin to recover and your overall lung function improves.

At one year the risk of coronary heart disease is half that of someone who smokes and at five years the risks

of cancer of the mouth, throat and oesophagus is halved. At 10 years the risk of lung cancer is half that of a continuing smoker and continues to decline.

The really good news is that, generally speaking, nicotine will leave the body within 3-4 days and the first 24-48 hours of giving up smoking is generally the worst. It gets infinitely better after that.

During those first few days it's common to feel on edge and more short-tempered than usual. In those days and weeks you might notice that you:

- * Cough more as your lungs get rid of the mucus and tar cigarette smoking has caused
- * Have difficulty concentrating or are restless
- * Have trouble sleeping
- * Feel hungrier than usual
- * Crave tobacco
- * Feel irritable or anxious.

All these symptoms and feelings are normal as your body rids itself of its nicotine dependency, however they will gradually decline in intensity and the worst is usually over after a couple of weeks.

Since smoking very obviously takes its toll physically, there's plenty of good news in giving up as your body begins to return to normal. If you're currently about to, or have quit smoking, stick with it and stay positive. Once you butt out, tell yourself often you are now a non-smoker. And remember there are plenty of free services out there to help you stop smoking. You can start by giving the **Quitline** a call on **131 848** or **137 848**.

WHAT'S HIDING IN CIGARETTES

These are some of the harmful chemicals smokers inhale.

- METHOPRENE**
A chemical used to get rid of fleas on your pets.
- BENZOPYRENE**
You'll find it in coal tar and cigarette smoke. It's one of the most potent cancer-causing chemicals in the world.
- ARSENIC**
This deadly poison makes your lips burn, and your breath turn bad.
- ACETONE**
The tobacco industry refuses to say how acetone gets into cigarettes. It's one of the active ingredients in nail polish.
- LEAD**
Lead poisoning stunts your growth, makes you vomit and damages your brain.
- FORMALDEHYDE**
It causes cancer and can damage your lungs, skin and digestive system. Embalmers use it to preserve dead bodies.
- TURPENTINE**
Turpentine is very toxic. It is commonly used as a paint stripper.
- PROPYLENE GLYCOL**
The tobacco industry claims they add it to keep cheap 'reconstituted tobacco' from drying out. But scientists say it aids the delivery of nicotine – tobacco's addictive drug – to the brain.
- BUTANE**
Highly flammable, butane is one of the key components of gasoline.
- CADMIUM**
It causes damage to the liver, kidneys and brain, and stays in the body for years.
- AMMONIA**
The tobacco industry says it adds flavour. But scientists have discovered that ammonia helps you absorb more nicotine – keeping you hooked on smoking.
- BENZENE**
This cancer-causing chemical is used to make everything from pesticides to detergent to gasoline.

Did you know that over 4000 chemical compounds are created by burning just one cigarette?

None of these are good for your body.

The good news is that as soon as a person gives up smoking, their body is starting to repair itself. Blood pressure and heart rate go back to normal, and within weeks, taste and smell improve, lungs work better and the risk of getting cancer is reduced.

Every cigarette you don't have is doing you good.

READ *Feel good* on page 25

ACTIVITY 1

BUILDING READING SKILLS

What is in a Cigarette?



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

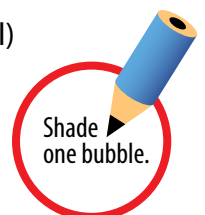
There are three levels of comprehension questions:

- 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.

1 As soon as you stop smoking, your body

(literal)

- starts to heal.
- coughs up blood.
- stops breathing.
- stops making chemicals.



2 Which of these chemicals are **NOT** produced when smoking a cigarette?

(inferred)

- nicotine, carbon monoxide, tar
- methoprene, turpentine
- arsenic, butane
- oxygen



3 The text says, *the first 24-48 hours after giving up smoking is generally the worst. It gets infinitely better after that.*

In this text, *It gets infinitely better* means

(inferred)

- it starts to get slightly better.
- giving up smoking gets a whole lot better.
- it keeps getting worse.
- there is no difference.

4 Look at the picture at the bottom of the page. According to this, which two chemicals help the absorption and delivery of nicotine to the brain?

(inferred)

- cadmium and ammonia
- turpentine and oxygen
- ammonia and propylene glycol
- lead and benzene

5 The purpose for adding the picture to the written text is to

(applied)



ACTIVITY 2

LANGUAGE CONVENTIONS - SPELLING

- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

Every sigarete is doing you harm.

But out your smoke and start to feel better.

Your body starts to heel as soon as you stop smoking.



- 2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

Smokeing damages your brain.

One dangerous drug in cigarettes is nickoteen.

Coffing gets rid of tar from your lungs.

ACTIVITY 3

LANGUAGE CONVENTIONS - GRAMMAR

- 1** Which words are **nouns** in this sentence?

All these symptoms are normal as your body rids itself of its nicotine dependency.

- these, are, as, your
- symptoms, body, nicotine
- rids, dependency
- your, itself



2 Which words correctly complete this sentence?

Michael wanted to quit smoking, _____ he called the 131 848 Quitline _____ asked for some help.



- what because
- and to
- which because
- so and

3 What is the effect of the ellipses (...) in this sentence?

We see graphic pictures of someone coughing up blood as a young person is diagnosed with lung cancer, the blackened lips, teeth and tongue from mouth cancer...

- It makes us want to take up smoking.
- It makes us read on quickly.
- It makes us pause for a moment to think about the risks of smoking.
- It has no effect.

4 Plurals – more than one.

Complete the table by adding either the singular or plural form.



singular	plural	singular	plural
	daisies	member of parliament	
holiday		roof	
	bubbles	piano	
valley			buffaloes
mother-in-law		mouse	

ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION

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



- Each cigarette contains, methoprene, butane, arsenic, acetone and lead.
- Each cigarette, contains methoprene, butane, arsenic, acetone and lead.
- Each cigarette contains methoprene, butane, arsenic, acetone and lead.
- Each cigarette contains methoprene butane arsenic acetone and, lead.

2 Two (2) apostrophes (') have been left out of this sentence.
Where do the missing apostrophes go?



If weve got any sense, its at this stage that we think about giving up the smokes.

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	<p>Thesis</p> <p>Arguments</p> <p>Restatement</p>	<p>preview</p> <p>evidence</p> <p>statistics</p> <p>quotes</p> <p>examples</p> <p>elaborations</p> <p>review</p> <p>conclusions</p>

TOPIC – Every cigarette you don't smoke is doing you good.



Write an EXPOSITION to argue your point of view.

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.