

NO SMOKING

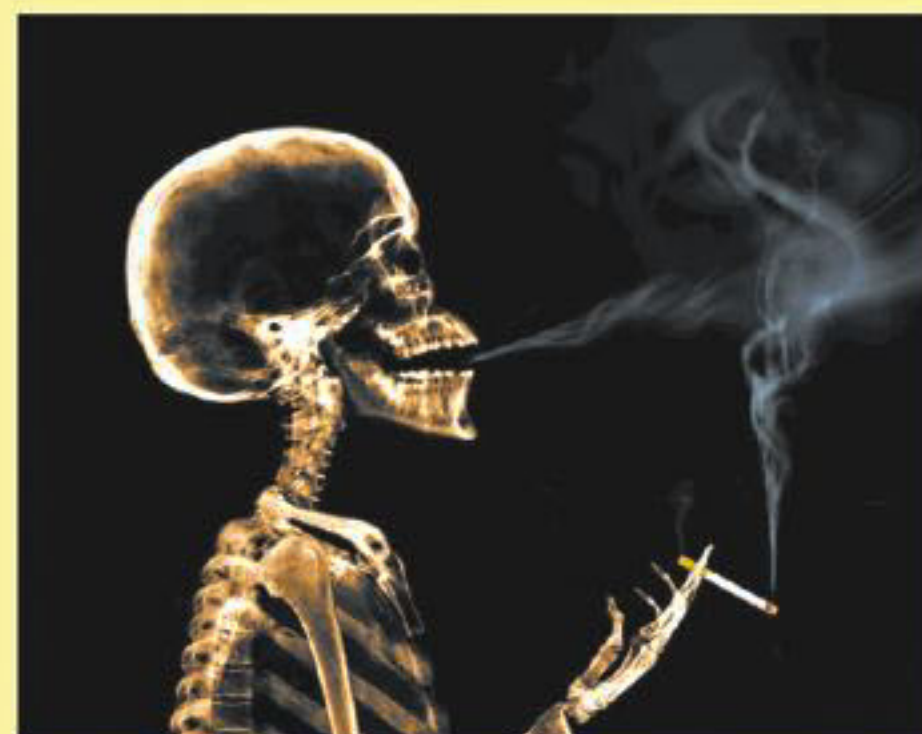


PLEASE

Pre-reading

1. Do many people smoke in our country? Who? (Men, women, teenagers)
2. What do you know about the effects of smoking?
3. How do people feel about smoking in our country?

Do you smoke? If you do, you are one of more than a billion people in the world today who smoke. If you do not smoke, you are smart, and you are probably healthier than many smokers. Cigarette smoking is common all over the world. It is also very dangerous. Smoking causes many different kinds of serious disease, such as lung cancer and heart disease. People who smoke usually know that the effects of smoking are very bad for them. So why do they smoke?



Smoking is a habit, a bad habit. Many people start to smoke when they are teenagers, usually because they have friends who smoke and they want to be like them. Sometimes young people start smoking just because their parents tell them not to. They want to make their own decisions. But starting to smoke is a very dangerous decision. Once someone starts to smoke, it can be very difficult to stop.

Smoking causes lung cancer, heart disease, and breathing problems. Worldwide, about three million people die every year because of smoking – that's about one death every ten seconds! In fact, smoking is the cause of almost 20 percent of all deaths in the developed countries of the world. Smoking doesn't just hurt the smoker, it hurts other people, too. When a pregnant woman smokes, she is hurting her developing baby. When a man smokes at home, his wife and children are also breathing in smoke and can become sick. Even though most people understand the harmful effects of smoking, they continue to smoke. The number of women and teenagers who smoke is increasing. Cigarette companies make advertisements that interest these groups of people so that they continue to buy cigarettes. Advertisements can be very powerful.

Many people in the world do not smoke and do not like smoking. These nonsmokers are very concerned about the bad effects on people's health from smoking. They have helped pass laws to restrict smoking in public places. Nonsmokers believe that the smoke from other people can also hurt them. This is true. Scientists also believe that "second-hand smoke," the smoke that nonsmokers breathe in from smokers, is very dangerous. Because of this, many restaurants and offices in the United States and Canada limit the places where people can smoke. Many airlines and hotels do not permit smoking at all. Things are changing. People want to stay healthy and live better lives.

It is not easy to quit smoking, but it is the smartest thing to do. If you quit smoking, your chance of getting lung cancer decreases within one year after you stop. After ten years, the chance is almost the same as for nonsmokers. It is possible to quit smoking. If you or a friend or relative smokes, read the advice below. You can start leading a healthier and better life today if you make the decision to stop smoking now. Good luck!



Advice for smokers: If you want to quit smoking, make the decision and do it now. Quitting smoking means changing your lifestyle and your way of thinking. Instead of smoking and hurting yourself, you can become an active and healthy person. To stop smoking, you need to get plenty of exercise, so your body will relax. Also, drink a lot of water and eat fresh fruits and vegetables to clean your body of the poisons from smoking. You should also try to get a lot of rest so your body can begin to recover from the damage that smoking has done to it. All of these things will make you feel better, and they might save your life.

A Choose the best word for each sentence.

advertisements decreases habit permit
breathing disease harmful recover
causes effects lifestyle restrict

1. Cigarette smoking is very dangerous. It _____ many different kinds of serious disease.
2. People who smoke usually know that the _____ of smoking are very bad for them.
3. Even though most people understand the _____ effects of smoking, they continue to smoke.
4. Cigarette companies make _____ that interest these groups of people so they continue to buy cigarettes.
5. Nonsmokers have helped pass laws that _____ smoking in public places.
6. Many airlines and hotels do not _____ smoking at all.
7. If you quit smoking, your chance of getting lung cancer _____ within one year after you stop.
8. Quitting smoking means changing your _____ and your way of thinking.

B Answer the questions about the reading.

1. How many people in the world smoke?
2. What kinds of disease does smoking cause?
3. When do many people start smoking?
4. How many people die every year from smoking?
5. What is second-hand smoking?
6. Is it possible to quit smoking? How?
7. How does becoming a nonsmoker change your lifestyle?
8. Why is it important to quit smoking now?



C Write T if the sentence is true and F if it is false.



1. Cigarette smoking is common only in modern countries.
2. People who smoke usually know that it is bad for them.
3. Teenagers begin to smoke because their parents tell them to.
4. Smoking is the cause of 20 percent of all deaths in developed countries of the world.
5. The number of women and teenagers who smoke is decreasing.
6. Cigarette advertisements can be very powerful.
7. Second-hand smoke is not dangerous.
8. You can quit smoking if you really want to.
9. Quitting smoking means changing many of your habits.
10. Lots of water and fresh fruits and vegetables help to clean the body.

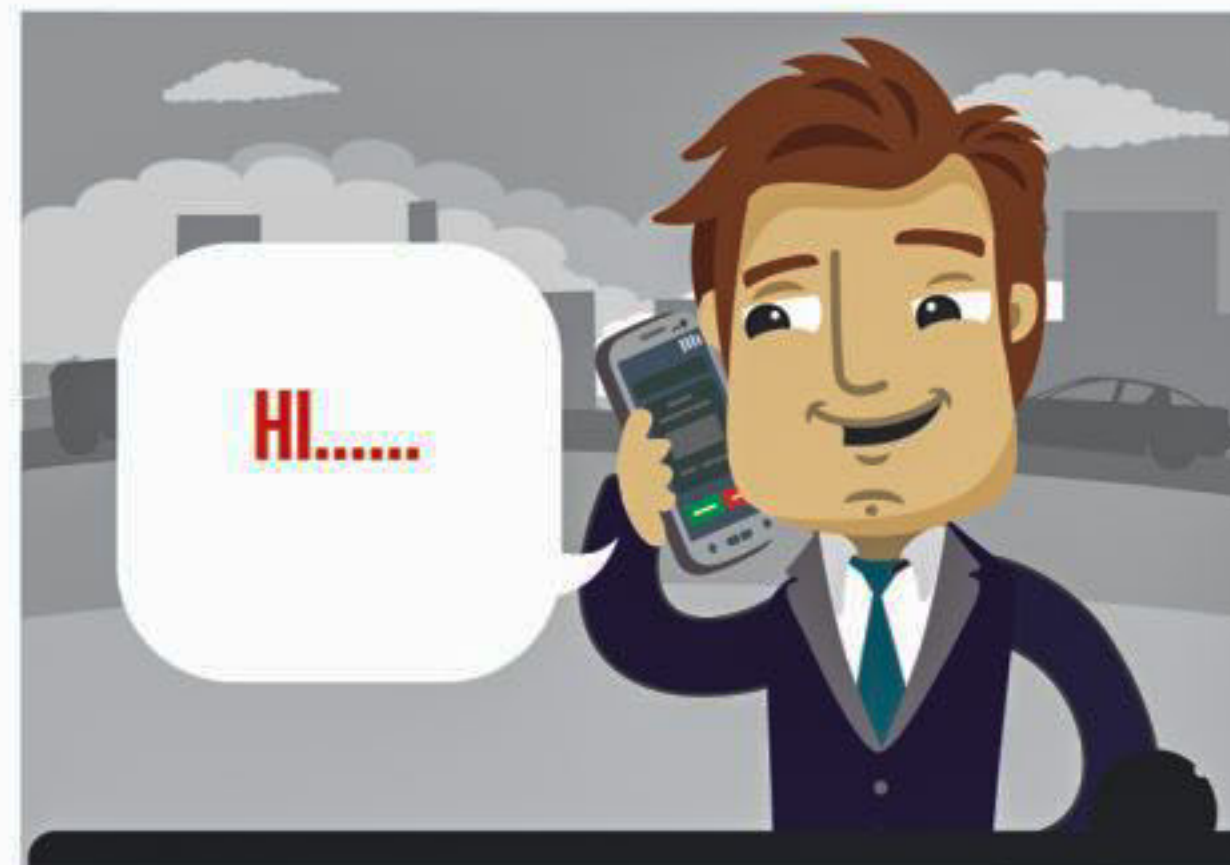
WRITING



Advertisements can be very powerful, but they can also be very helpful. Write a magazine advertisement against smoking. Try to make it interesting for young adults. When you finish, show your ad to other students and talk about them.

EXERCISE 1 – PRONOUNS

Choose the sentence (A-D) that uses the correct pronouns to describe the situation in each of the 8 questions in this exercise.



EXAMPLE

The man calls his girlfriend on the cell phone.

- A) He calls her on them. B) She calls him on it.
C) They call her on it. D) He calls her on it.

The correct answer is D) He calls her on it.

1) The mother buys clothes for the boy.

- A) He buys him for them. B) She buys her for him.
C) She buys them for him. D) She buys it for her.

2) The boy makes dinner for his father every night.

- A) He makes it for her. B) He makes it for him.
C) She makes him for it. D) He makes it for them.

3) The little girl gets money from her parents every week.

- A) They get her from it every week.
B) She gets her from them every week.
C) She gets it from them every week.
D) They get it from her every week.

4) The woman meets her husband for dinner.

- A) She meets it for dinner.
B) They meet her for dinner.
C) He meets it for dinner.
D) She meets him for dinner.

5) The man takes the airplane to Aberdeen.

- A) He takes it to Aberdeen.
B) She takes it to Aberdeen.
C) He takes her to Aberdeen.
D) It takes her to Aberdeen.

6) The book belongs to Alice.

- A) He is hers. B) It is his.
C) She is its. D) It is hers.

7) Pierre and Amos own a house.

- A) It is there. B) It is his.
C) It is their. D) It is theirs.

8) The woman buys food at the supermarket.

- A) She buys it there.
B) She buys it.
C) She buys them there.
D) She buys him at the supermarket.



EXERCISE 2- ADJECTIVES

Choose the adjective (A-D) in each of the following sentences in the 4 questions in this exercise.

EXAMPLE

Katy is a hard worker.

- A) Katy B) worker C) hard D) is

The correct answer is C) hard.

1) This sandwich tastes delicious.

- A) This B) delicious C) sandwich D) tastes

2) Vera is taking a Spanish course.

- A) Spanish B) Vera C) taking D) course

3) My pillow is very soft.

- A) pillow B) very C) is D) soft

4) Ratana does not like black cats.

- A) Ratana B) black C) cats D) like

EXERCISE 3 – ORDER OF ADJECTIVES

In questions 1-4 identify the adjectives that are in the correct order (A-D) and in questions 5-8 decide which of the two sentences (A or B) is correct.

1) Which is the correct order?

- A) a carving steel new knife
B) a new steel carving knife
C) a steel new carving knife
D) a new carving steel knife

2) Which is the correct order?

- A) an old wooden square table
B) a square wooden old table
C) an old square wooden table
D) a wooden old square table

3) Which is the correct order?

- A) a small Japanese serving bowl
B) a Japanese small serving bowl
C) a small serving Japanese bowl
D) a serving small Japanese bowl

4) Which is the correct order?

- A) a red big plastic hat
B) a big red plastic hat
C) a plastic big red hat
D) a bit plastic red hat



5) Choose the sentence with the correct order of adjectives.

- A) Kiet likes his expensive, black, long, silk, Japanese robe.
B) Kiet likes his expensive, long, black, Japanese, silk robe.

6) Choose the sentence with the correct order of adjectives.

- A) The waiter recommends the spicy, aged, white, French cheese.
B) The waiter recommends the French, spicy, aged, white cheese.

7) Choose the sentence with the correct order of adjectives.

- A) Fiona studies piano with the small, cheerful, old, piano, Italian teacher.
B) Fiona studies piano with the cheerful, small, old, Italian, piano teacher.

8) Choose the sentence with the correct order of adjectives.

- A) Som rides a new, big, red, racing, Spanish bike.
B) Som rides a big, new, red, Spanish, racing bike.



Exercise - 1, 2, 3. No answer is provided for these exercises. You may take help from your parents or your teachers.