Foundations 1E Quiz Questions Lesson 12.1

1. The main ingredient in tobacco is

a. tar

b. nicotine

c. e-juice

d. vapor

Answer: \_\_\_\_\_

2. Teens who smoke are at greater risk of developing

a. COPD

b. emphysema

c. both a and b

d. neither a nor b

Answer: \_\_\_\_\_

3. Which of the following is a long-term health effect of using tobacco products?

a. less endurance

b. reduced lung growth

c. higher blood pressure

d. faster resting heart rate

Answer: \_\_\_\_\_

4. Your friend Gabe wants to try an e-cigarette. What factual advice could you give him about vaping?

a. It’s not dangerous in the same way as a regular cigarette is.

b. You’ll inhale chemicals that could cause cancer.

c. You won’t get addicted, so go for it.

d. The flavored vapes have less nicotine.

Answer: \_\_\_\_\_

5. Which of the following is a hazard that secondhand smoke presents for children?

a. asthma attacks

b. impaired learning ability

c. more frequent illness

d. all of the above

Answer: \_\_\_\_\_