Chapter 20 • Lesson 1 The Health Risks of Tobacco Use

Lesson 1 Quiz

I. Directions Match the term in the left column with the best definition in the right column. Write the letter of your choice in the space provided.

1. nicotine  a. a drug that increases the action of the central nervous system
2. stimulant b. a thick, sticky, dark fluid produced when tobacco burns
3. carcinogen c. thickened white, leathery-looking spots on the inside of the mouth that can develop into oral cancer
4. tar d. the addictive drug found in tobacco leaves
5. leukoplakia e. a cancer-causing substance

II. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

6. A substance that causes physiological or psychological dependence is called a(n)
   a. toxic drug.
   b. addictive drug.
   c. prescription drug.
   d. over-the-counter drug.

7. What is a colorless, odorless, and poisonous gas found in cigarette smoke?
   a. Carbon monoxide
   b. Nitrogen oxide
   c. Carbon dioxide
   d. Magnesium oxide

8. Which is NOT a short-term effect of tobacco use?
   a. The body craves more of the drug nicotine.
   b. Breathing during physical activity becomes more difficult.
   c. The tobacco user begins to crave food.
   d. Users have yellowed teeth and smelly hair.

9. Which is NOT a long-term effect of tobacco use?
   a. Stroke
   b. Emphysema
   c. Decreased blood pressure
   d. Hardened arteries

10. Which is illegal in all states?
    a. Smoking more than one pack of cigarettes a day
    b. Loss of productive time due to tobacco-related illness
    c. Exclusion of tobacco users from social gatherings
    d. Selling tobacco products to persons under 18
Lesson 2 Quiz

I. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

1. Smoking may lead to weight gain because it increases the body’s capacity for physical activity.
2. When you avoid tobacco, you reduce your risk of lung cancer.
3. Most people who stop using tobacco experience symptoms of nicotine substitution.
4. A nicotine cessation program is a course that provides information and help to people who want to stop using tobacco.
5. People who are trying to quit tobacco use should not tell friends and family about their plans to quit.

II. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

6. All of these factors contribute to reduced teen tobacco use except
   a. family values.
   b. low cost of tobacco.
   c. no-smoking policies.
   d. positive peer pressure.

7. Which is NOT a strategy for avoiding tobacco?
   a. Don’t be afraid to say no.
   b. Surround yourself with positive influences.
   c. Reduce peer pressure.
   d. Visit places where tobacco is used.

8. Which is NOT a reason why many teens decide to quit using tobacco?
   a. They realize the damaging effects of secondhand smoke.
   b. They cannot find the desire and commitment to stop.
   c. They begin to have respiratory infections.
   d. They find it difficult to purchase tobacco products.

9. What does a nicotine substitute do for someone who’s trying to give up the tobacco habit?
   a. It delivers support and encouragement on the phone every day.
   b. It provides a substitute for a doctor’s prescription.
   c. It delivers small amounts of nicotine into the user’s system.
   d. It exposes nicotine to a toxin that destroys the addictive substance.

10. Which is NOT a strategy for someone who wants to quit tobacco?
    a. Prepare for the quit day.
    b. Maintain current daily behavior.
    c. Access professional health services.
    d. Engage in healthful behaviors.
# Vocabulary Practice

I. **Directions** Use the clues to solve the puzzle. Write each letter of the answer in the space provided. Use the boxed letters, in order, to spell out a word that completes the sentence in number 11 below.

<table>
<thead>
<tr>
<th>smokeless tobacco</th>
<th>stimulant</th>
<th>nicotine withdrawal</th>
</tr>
</thead>
<tbody>
<tr>
<td>sidestream smoke</td>
<td>tar</td>
<td>nicotine substitute</td>
</tr>
<tr>
<td>nicotine</td>
<td>mainstream smoke</td>
<td>carbon monoxide</td>
</tr>
<tr>
<td></td>
<td>addictive drug</td>
<td></td>
</tr>
</tbody>
</table>

1. a colorless, odorless, and poisonous gas found in cigarette smoke

2. the smoke exhaled from the lungs of a smoker

3. a thick, sticky, dark fluid produced when tobacco burns

4. the process that occurs in the body when nicotine is no longer used

5. the addictive drug found in tobacco leaves

6. a drug that increases the action of the central nervous system, heart, and other organs

7. tobacco that is sniffed through the nose, held in the mouth, or chewed

8. a substance that causes physiological or psychological dependence

9. the smoke from the burning end of a cigarette, pipe, or cigar

10. a product that delivers small amounts of nicotine into a user’s system while he or she is trying to give up the tobacco habit

11. A cancer-causing substance is called a(n) __ __ __ __ __ __ __ __ __ __.
Chapter 21 • Lesson 1 The Health Risks of Alcohol Use

Lesson 1 Quiz

I. Directions Match each term in the left column with the best definition in the right column. Write the letter of your choice in the space provided.

_____ 1. ethanol  a. the type of alcohol in alcoholic beverages
_____ 2. fermentation  b. a severe and potentially fatal physical reaction to an alcohol overdose
_____ 3. depressant  c. a drug that slows the central nervous system
_____ 4. binge drinking  d. the chemical action of yeast on sugars
_____ 5. alcohol poisoning  e. drinking five or more alcoholic drinks at one sitting

II. Directions List five factors that influence the beginning and intensity of alcohol’s short-term effects on an individual.

6. ______________________________
7. ______________________________
8. ______________________________
9. ______________________________
10. ______________________________
Chapter 21 Alcohol

Vocabulary Practice

I. Directions Complete the following sentences by writing a term from the list in each blank.

<table>
<thead>
<tr>
<th>alcohol abuse</th>
<th>blood alcohol concentration</th>
<th>fetal alcohol syndrome</th>
</tr>
</thead>
<tbody>
<tr>
<td>alcohol poisoning</td>
<td>depressant</td>
<td>physiological dependence</td>
</tr>
<tr>
<td>alcoholic</td>
<td>detoxification</td>
<td>psychological dependence</td>
</tr>
<tr>
<td>alcoholism</td>
<td>ethanol</td>
<td>recovery</td>
</tr>
<tr>
<td>binge drinking</td>
<td>fermentation</td>
<td>sobriety</td>
</tr>
</tbody>
</table>

1. _______________, a disease that involves a physical or psychological dependence on alcohol, develops in three stages.

2. The form of alcohol in alcoholic beverages is called ________________; it is an addictive drug.

3. Alcohol is one substance that can cause ________________, a state in which the body is poisoned and the person's physical and mental control is significantly reduced.

4. Alcohol is an example of a(n) ________________; a drug that slows the central nervous system.

5. A person's ________________ is the amount of alcohol in his or her blood.

6. Making a commitment to ________________, or life without alcohol, is an important part of recovery from alcoholism.

7. ________________ is a condition in which the user has a chemical need for a drug.

8. Symptoms of ________________ include stupor, coma, vomiting, hypothermia, and severe dehydration.

9. Some individuals take part in ________________, a dangerous practice that involves drinking five or more alcoholic drinks at one sitting.

10. Admission, detoxification, and counseling are all steps that lead up to ________________.
Chapter 22 • Lesson 1 The Health Risks of Drug Use

Lesson 1 Quiz

I. Directions In the space provided, write the term from the list that best completes the statement.

1. Any unnecessary or improper use of chemical substances for nonmedical purposes is __________.
   - illicit drug use
   - substance abuse
   - overdose
   - addiction
   - illegal drugs

2. Chemical substances that no one may lawfully manufacture, possess, buy, or sell are __________.
   - illicit drug use
   - substance abuse
   - overdose
   - addiction
   - illegal drugs

3. The use or sale of any substance that is illegal or otherwise not permitted is __________.

4. A strong, sometimes fatal reaction to taking a large amount of a drug is a(n) __________.
   - illicit drug use
   - substance abuse
   - overdose
   - addiction
   - illegal drugs

5. A physiological or psychological dependence on a drug is referred to as __________.
   - illicit drug use
   - substance abuse
   - overdose
   - addiction
   - illegal drugs

II. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

   6. Peer pressure plays a role in the choices a teen makes about drug use.

   7. A person who has developed _______ needs more of a drug to achieve the same effect.

   8. A(n) _______ causes a person to believe that a drug is needed in order to function normally.

   9. Drug use is a leading factor in teen _______.

   10. Drug abuse affects the _______ by contributing to a rise in health care costs.
Chapter 22 • Lesson 2 Marijuana, Inhalants, and Steroids

Lesson 2 Quiz

I. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

1. Marijuana smoke contains less cancer-causing chemicals than tobacco smoke.
2. Smoking marijuana may damage the immune system.
3. Marijuana raises the level of a brain chemical called testosterone.
4. Substances whose fumes are sniffed to give an effect are called steroids.
5. Steroid use often results in depression, paranoia, and violent behavior.

II. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

6. What effects might a female marijuana user experience?
   a. Higher testosterone levels
   b. Changed hormone levels
   c. Infertility
   d. All of the above

7. Teens who smoke marijuana have
   a. an increased risk of using cocaine.
   b. more initiative and ambition.
   c. an improved short-term memory.
   d. less chance of gaining weight.

8. When people use marijuana they tend to
   a. have faster mental reflexes.
   b. suffer from feelings of anxiety.
   c. demonstrate better coordination.
   d. experience clearer thinking.

9. Which statement about inhalants is NOT true?
   a. A single use can lead to death.
   b. All are extremely dangerous.
   c. Using them can kill brain cells.
   d. They are only harmful if you are trying to abuse them.

10. Using anabolic-androgenic steroids can cause
    a. stronger ligaments.
    b. higher sperm counts.
    c. unnatural muscle growth.
    d. decreased risk of cancer.
Chapter 22 • Lesson 3 Psychoactive Drugs

Lesson 3 Quiz

I. Directions Match each term in the left column with the best definition in the right column. Write the letter of your choice in the space provided.

1. designer drugs  
2. hallucinogens  
3. depressants  
4. stimulants  
5. opiates

- a. drugs that tend to slow the central nervous system
- b. drugs from the opium plant that can cause addiction
- c. synthetic drugs that are made to imitate other drugs
- d. drugs that alter moods, thoughts, and sense perceptions
- e. drugs that speed up the central nervous system

II. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

6. Any drug that alters brain activity is a(n) stimulant drug.
7. Rohypnol and GHB are both known as date-rape drugs.
8. Cocaine and crack are both addictive hallucinogenic drugs.
9. Ecstasy, LSD, and PCP are all examples of opiate drugs.
10. Psychoactive drug use by teens can lead to addiction.