

## FITNESS QUIZ

Name: \_\_\_\_\_

**Directions:** Read each statement. Circle the letter next to the answer that best completes the sentence. This quiz will test your knowledge about cigarettes and their effect on the human body.

- Smoking is a major cause of \_\_\_\_\_.  
a) heart disease                      b) emphysema                      c) lung cancer                      d) all of these
  - Smoking causes one out of \_\_\_\_\_ deaths in the United States.  
a) 5                                      b) 10                                      c) 20                                      d) 50
  - Tar in cigarettes makes it difficult for the windpipe and \_\_\_\_\_ to stay clean.  
a) nicotine                              b) bronchial tubes                      c) smoke                              d) blood
  - Cigarette smoke contains more than \_\_\_\_\_ chemicals.  
a) 1,000                              b) 2,000                              c) 3,000                              d) 4,000
  - Smoking only \_\_\_\_\_ cigarette(s) can temporarily increase blood pressure, speed up your heart and make blood vessels smaller.  
a) 1                                      b) 2                                      c) 5                                      d) 10
  - Cigarette smoke contains a very addictive drug called \_\_\_\_\_.  
a) oxygen                              b) carbon monoxide                      c) tar                                      d) nicotine
  - The \_\_\_\_\_ in cigarettes scars your lungs, making breathing difficult.  
a) nicotine                              b) carbon monoxide                      c) tar                                      d) air
  - Second-hand smoke \_\_\_\_\_ non-smokers who breathe in the smoke.  
a) never harms                      b) is a health risk to                      c) is seldom dangerous to                      d) does not bother
  - Smoking causes \_\_\_\_\_.  
a) yellow teeth                      b) bad breath                      c) coughing                      d) all of these
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**Key:**

1. d
2. a
3. b
4. c
5. a
6. d
7. c
8. b
9. d

## ARE YOU EATING HEALTHY FOODS

To find out if you are eating healthy foods, make a check mark in the section of the food pyramid that matches all the foods you eat over the next several days. Most of the check marks should be in the left half of the pyramid. If not, you will want to make some changes in the foods you eat.

Remember: Eating the right foods is good for your heart and can make you look and feel better.

