

NAME: _____

Fill in the blanks with the correct word(s) from the word bank below to complete the paragraph. The first letter of each answer is provided as a clue.

N_____ is a drug. Unlike other drugs, it is not a **M**_____.

Most children and youth in the province of **N**_____ a **L**_____ do not smoke or use vapes.

Both **C**_____ and **V**_____ contain nicotine.

We need healthy **L**_____ to breathe. The smoke from cigarettes or the **A**_____ from vapes can damage your **A**_____.

Vapes contain many of the same **H**_____ **C**_____ found in cigarettes.

Playing sports, singing, dancing and many other activities require strong healthy lungs. Vaping can **H**_____ your airways and lungs making it harder to breathe.

Nicotine is very **A**_____. It changes our **Br**_____ and makes it harder to learn.

Smoking and vaping can hurt many parts of our **B**_____. It can cause **C**_____ and bad breath.

Even **S**_____ **H**_____ smoke and vapour is dangerous. These are forms of **A**_____ **P**_____, and it can hurt people who do not smoke, including our **P**_____.

To be as healthy as possible, we should **E**_____ healthy food, be physically **A**_____ every day and stay **S**_____ **A**_____ **V**_____ **F**_____ for life.

Word Bank

Air pollution	Aerosol	Cigarettes	Smoke and Vape Free	Addictive
Lungs	Hurt	Cavities	Second-Hand	Airways
Pets	Body	Brain	Harmful Chemicals	Medicine
Eat	Active	Nicotine	Newfoundland and Labrador	Vapes



Answer Key:

Nicotine is a drug. Unlike other drugs, it is not a medicine.

Most children and youth in Newfoundland and Labrador do not smoke or use vapes. Both cigarettes and vapes contain nicotine. We need healthy lungs to breathe. The smoke from cigarettes or the aerosol from vapes can damage your airways. Vapes contain many of the same harmful chemicals found in cigarettes. Playing sports, singing, dancing and many other activities requires strong, healthy lungs. Vaping can hurt your airways and lungs making it harder to breathe.

Nicotine is very addictive. It changes our brain and makes it harder to learn.

Smoking and vaping can hurt many parts of our body. It can cause cavities and bad breath. Even second-hand smoke and vapour is dangerous. It is a form of air pollution, and it can hurt people who do not smoke, including our pets.

To be as healthy as possible, we should eat healthy food, be physically active every day and stay smoke and vape free for life.

