



FACT BLOCK

Grade 4 Vaping Fact Block Questions

- PREPARE: Print out the Fact Block cards, and cut into individual cards - 30 in the set. Print the Fact Block Questions - this will be used by the teacher to randomly call out the questions.
- DISTRIBUTE: Hand out one Fact Block card to each student (each card is unique).
- CALL: The teacher will read the questions from this clue sheet. Use the left column to keep track if you call questions in a random order.
- MARK ANSWERS: The students will mark their answers with a pencil (option to use plastic or foam markers so that the cards can be reused if available).
- FACT CHECK: After each question, give students time to select an answer. Before moving on, confirm the correct answer with the class. Errors can be erased and corrected, so that all students are able to confirm the correct answer, and continue to play the game without mistakes.
- WINNING: Once a predetermined pattern is made on a card (Lines, whole Card), the child with that card calls out "**I GOT THE FACTS**" (Write this on white board to remember).

	QUESTION	ANSWER
	1. The addictive drug found in both cigarettes and vaping products	Nicotine
	2. These types of drugs are helpful to people when they are sick.	Medicines
	3. These delicate organs used for breathing are damaged by smoking and vaping	Lungs
	4. Nicotine from vapes or cigarettes may change this organ that we use for learning, memory, and thinking.	Brain
	5. Vaping can irritate airways and make this lung condition worse	Asthma
	6. The liquid in a vape that makes the aerosol that people breathe in is called_____.	E-liquid
	7. These are added to vaping liquids to make young people want to try them.	Flavours
	8. Vapes do not produce a harmless water vapour, it is actually this type of substance that holds chemicals and particles.	Aerosol

	9. This is another name for a vape device.	E-Cigarette
	10. Using any type of e-cigarette is usually called this activity.	Vaping
	11. Vaping has this effect on your teeth.	Cavities
	12. Getting too much nicotine at once may upset the stomach and cause a person to do this.	Vomit
	13. Vaping can hurt many parts of your body. This means that vaping is not _____.	Safe
	14. Vaping because you feel like you have to in order to fit in with certain people is a form of this.	Peer Pressure
	15. These body parts that you use to see, can get dry, itchy, red or watery from the chemicals in vapour.	Eyes
	16. The medical term for your windpipe (the main tube that brings air to your lungs).	Trachea
	17. If a person smokes, what would be the best thing for them to do to get healthier?	Quit Smoking
	18. Children and youth should get 60 minutes of this every day.	Physical Activity
	19. Make this your regular drink to stay hydrated (<i>getting enough fluids into your body</i>) and healthy.	Water
	20. Get 9- 11 hours of this for a healthy body and mind.	Sleep
	21. Parts of this body system include your lungs, bronchioles and alveoli.	Respiratory System
	22. This body part that pumps your blood is damaged by smoking and vaping.	Heart
	23. Do this often throughout the day to kill germs and prevent getting sick	Wash Hands
	24. Wear this when cycling, skateboarding and snowboarding to protect your head	Helmet
	25. This is the healthiest kind of air to breathe.	Clean air
	26. Vape flavours are made by adding these to the e-liquid. Inhaling these can hurt your lungs.	Chemicals
	27. Parts of this body system include your heart and all your blood vessels.	Circulatory system
	28. Nicotine causes your heart to do this.	Beat faster
	29. Nicotine affects your brain in a way that makes it harder to do this in school.	Learn
	30. Every few seconds you do this, which delivers oxygen to all parts of your body.	Breathe