



Workshop: Crossword puzzle

Objective

In this exercise, the objective is to review basic knowledge of the dangers of smoking.

Target group and the group size

The exercise can be used as a summary after classes or at a later date to review previously learned material.

The exercise can be done individually, in pairs or groups.

Time use

The exercise takes approximately 15 minutes to complete and five minutes to check the answers.

Preparation, supplies, facilities and equipment

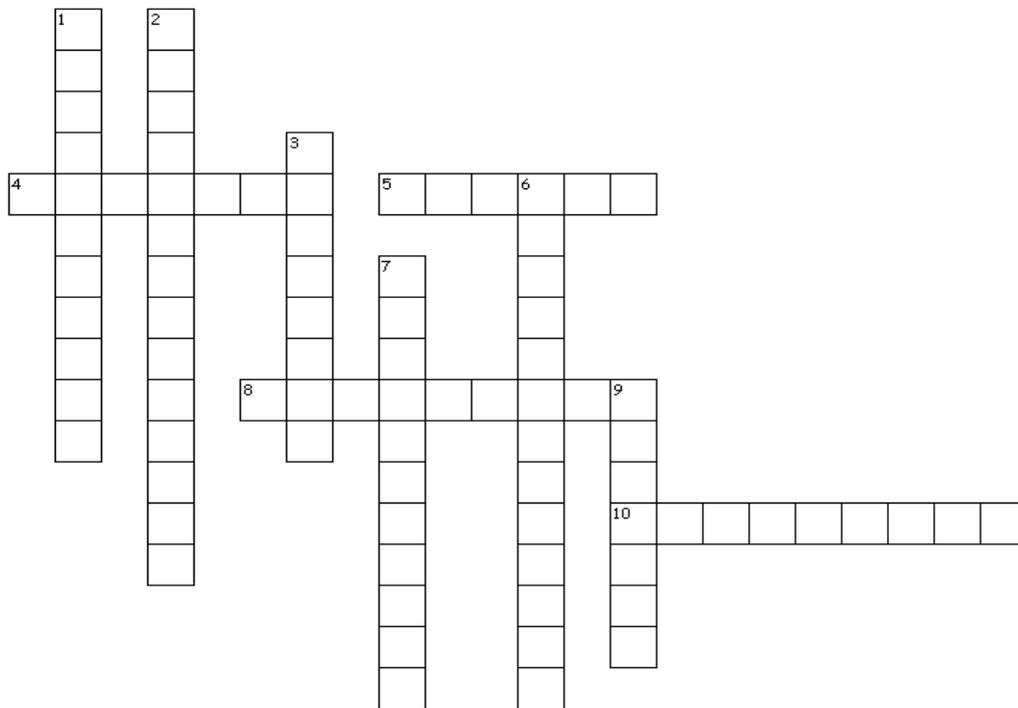
Print the required number of charts (Appendix 1) and provide pens. One person can supervise and check the exercise.

Assignment and work instructions

- The supervisor can decide whether the exercise should be done individually, in pairs or in groups.
- Distribute the crossword sheets and specify the duration of the exercise.
- Review the right answers (Appendix 2) at the end of the exercise.



Appendix 1.



Across

4. The most common physical withdrawal symptoms from smoking are tremors and ____
5. The most commonly used smoking cessation product
8. Smoking ____ the skin
10. Is addictive

Down

1. ____ smoking means exposure to other people's cigarette smoke
2. What do women sometimes cite as a reason for smoking?
3. Nicotine ____ blood vessels
6. Quitting can affect the ability to _____, cause insomnia and anxiety
7. The disease most commonly associated with smoking
9. Smoking during pregnancy can cause ____ birth weight



Appendix 2.

Answers:

1. Passive
2. Weight management
3. Constricts
4. Sweating
5. Gum
6. Concentrate
7. Lung cancer
8. Ages
9. Low
10. Nicotine

Sources:

Patja, K. 2014. Tupakka ja sairaudet. Lääkärikirja Duodecim. Accessed 19 October 2015
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Vertio, H. 2003. Tupakoinnin ehkäisy. In Koskenvuo, K. (ed.) Sairauksien ehkäisy. Helsinki: Duodecim 2. uud. painos. 579–588

Vierola, H. 2006. Tyttöjen ja naisten tupakkatietokirja. Pysy nuorena- elä kauemmin. Helsinki: Tietosanoma Oy. 292–299

