

Substances

Check it

THEME 1 GIVING UP SMOKING

L Wt/L1.5

- 1 You want to write down targets for giving up smoking. Which of these is the best way to organise your writing?
- A long paragraph
 - B text message
 - C short report
 - D list of bulleted points

THEME 2 GIVING UP FOR LIFE

L Rt/L1.5

- 2 The text below is from a leaflet on nicotine replacement. NRT is the abbreviation for nicotine replacement therapy. How many times is it used?
- A 3 times
 - B 4 times
 - C 5 times
 - D 6 times

How can nicotine replacement therapy (NRT) help?

If you really want to give up smoking, you are more likely to succeed if you use NRT. NRT does not make you stop smoking, but it can help you stop by reducing the symptoms of nicotine withdrawal.

What can I do next?

- Talk to a GP, practice nurse, pharmacist or a Stop Smoking clinic.
- Decide on a date to start. Stop smoking and start NRT straight away.
- At first, it's very important that you use NRT regularly rather than now and then.

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THEME 3 THE COST OF SMOKING

N N1/L1.3

3 Sam smokes 1 packet of cigarettes a day. Each packet costs him £5. How much money does he spend on cigarettes in 6 weeks?

- A £35
- B £30
- C £205
- D £210

THEME 4 ALCOHOL

N N2/L1.8

4 Look at the beer labels below. Which has the strongest alcohol content?

- A **6.5% ABV**
- B **6.3% ABV**
- C **3.5% ABV**
- D **4.5% ABV**

Highlighted curriculum items [**yellow**] = included in National Tests

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ANSWERS

1 D

2 C

3 D

4 A

