

## Anti-Tobacco Day Quiz

**1. When is World No Tobacco Day observed?**

- ☐ a) May 31
- ☐ b) June 30
- ☐ c) April 7
- ☐ d) May 7

(Answer: a) May 31)

**2. Which organization established World No Tobacco Day?**

- ☐ a) UNDP
- ☐ b) WHO
- ☐ c) FAO
- ☐ d) UNESCO

(Answer: b) WHO)

**3. In which year was World No Tobacco Day first observed?**

- ☐ a) 1987
- ☐ b) 1990
- ☐ c) 2000
- ☐ d) 1995

(Answer: a) 1987)

**4. Tobacco use is a leading cause of which disease?**

- ☐ a) Diabetes
- ☐ b) Cancer
- ☐ c) Asthma
- ☐ d) Arthritis

(Answer: b) Cancer)

**5. What is the most harmful component in cigarette smoke?**

- ☐ a) Nicotine
- ☐ b) Carbon monoxide
- ☐ c) Tar
- ☐ d) Oxygen

(Answer: c) Tar)

**6. Which body organ is most affected by smoking?**

- ☐ a) Liver
- ☐ b) Brain
- ☐ c) Lungs
- ☐ d) Heart

(Answer: c) Lungs)

**7. What does nicotine primarily affect in the human body?**

- ☐ a) Skin
- ☐ b) Nervous system
- ☐ c) Muscles
- ☐ d) Bones

(Answer: b) Nervous system)

**8. How many chemicals are found in tobacco smoke?**

- ☐ a) About 100
- ☐ b) About 300
- ☐ c) About 4,000
- ☐ d) About 1,000

(Answer: c) About 4,000)

**9. What percentage of lung cancer deaths are caused by smoking?**

- ☐ a) 20%
- ☐ b) 40%
- ☐ c) 60%
- ☐ d) 85%

(Answer: d) 85%)

**10. Which age group is most targeted by tobacco advertising?**

- ☐ a) Seniors
- ☐ b) Middle-aged adults
- ☐ c) Teenagers
- ☐ d) Children under 10

(Answer: c) Teenagers)

**11. Which form of tobacco is chewed instead of smoked?**

- ☐ a) Pipe tobacco
- ☐ b) Hookah
- ☐ c) Snuff
- ☐ d) Cigarette

(Answer: c) Snuff)

**12. Which gas in tobacco smoke reduces oxygen in the blood?**

- ☐ a) Methane
- ☐ b) Nitrogen
- ☐ c) Carbon monoxide
- ☐ d) Helium

(Answer: c) Carbon monoxide)

**13. What is secondhand smoke also known as?**

- ☐ a) Passive smoke
- ☐ b) Filtered smoke

- ☐ c) Black smoke
  - ☐ d) Light smoke
- (Answer: a) Passive smoke)

**14. What part of the tobacco plant is used to make tobacco products?**

- ☐ a) Roots
  - ☐ b) Stems
  - ☐ c) Leaves
  - ☐ d) Flowers
- (Answer: c) Leaves)

**15. What is the best way to prevent tobacco-related illness?**

- ☐ a) Switch to e-cigarettes
  - ☐ b) Use nicotine gum
  - ☐ c) Avoid all tobacco use
  - ☐ d) Smoke less often
- (Answer: c) Avoid all tobacco use)



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