

No Smoking Day Quiz

1. What is the main objective of No Smoking Day?

- a) To celebrate smoking culture
- b) To raise awareness about the dangers of smoking and encourage quitting
- c) To promote new cigarette brands
- d) To increase tobacco sales

2. Which organ is most affected by smoking?

- a) Liver
- b) Brain
- c) Lungs
- d) Kidneys

3. What harmful chemical in cigarettes is highly addictive?

- a) Carbon monoxide
- b) Nicotine
- c) Hydrogen peroxide
- d) Sulfur dioxide

4. How many known harmful chemicals are found in cigarette smoke?

- a) 50
- b) 200
- c) 700
- d) Over 7,000

5. What is passive smoking?

- a) Smoking only at night
- b) Inhaling secondhand smoke from other people's cigarettes
- c) Smoking without inhaling
- d) Smoking a pipe instead of cigarettes

6. How soon does the body start to heal after quitting smoking?

- a) 1 year
- b) 6 months
- c) 20 minutes
- d) 5 days

7. Which disease is NOT directly linked to smoking?

- a) Lung cancer
- b) Diabetes
- c) Heart disease
- d) Stroke

8. What percentage of lung cancer cases are caused by smoking?

- a) 10%
- b) 30%
- c) 50%
- d) 80-90%

9. Which of these methods can help people quit smoking?

- a) Nicotine replacement therapy (NRT)
- b) Behavioral counseling
- c) Support groups
- d) All of the above

10. What is the leading cause of preventable death worldwide?

- a) Smoking
- b) Alcohol consumption
- c) Road accidents
- d) Air pollution

11. What is the leading cause of smoking-related deaths?

- a) Lung cancer
- b) Heart disease
- c) Chronic obstructive pulmonary disease (COPD)
- d) All of the above

12. What is thirdhand smoke?

- a) Smoke inhaled through a cigarette filter
- b) Smoke from e-cigarettes
- c) Residual tobacco particles left on surfaces and clothing
- d) Smoke from a third-hand smoker

13. How does smoking affect pregnancy?

- a) Increases the risk of premature birth
- b) Causes low birth weight
- c) Can lead to birth defects
- d) All of the above

14. Which organization runs global campaigns to reduce smoking?

- a) WHO (World Health Organization)
- b) UNESCO
- c) NASA
- d) IMF

15. What happens to the risk of heart disease one year after quitting smoking?

- a) It stays the same
- b) It increases
- c) It is cut in half
- d) It disappears completely

Answer Key

1. (b) To raise awareness about the dangers of smoking and encourage quitting
2. (c) Lungs
3. (b) Nicotine
4. (d) Over 7,000
5. (b) Inhaling secondhand smoke from other people's cigarettes
6. (c) 20 minutes
7. (b) Diabetes
8. (d) 80-90%
9. (d) All of the above
10. (a) Smoking
11. (d) All of the above
12. (c) Residual tobacco particles left on surfaces and clothing
13. (d) All of the above
14. (a) WHO (World Health Organization)
15. (c) It is cut in half



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