

Name:

H.E.L.P. Tobacco Virtual Lab: <http://help4kids.stanford.edu/tobaccogr8/framework.swf>

Click on the link in Edmodo and complete the H.E.L.P Tobacco Virtual Lab while answering the questions below.

1. What are the main organs of the respiratory system? What is the function of each?
2. What happens when oxygen gets into the blood?
3. What are the three main parts of a cigarette? Describe each.
  - a.
  - b.
  - c.
4. What are some substances found in cigarettes?
5. What happens when tar enters a smokers' body?
6. Name and discuss five health effects of smoking in the following table.

| Smoking Side Effect | Effect on Body |
|---------------------|----------------|
|                     |                |
|                     |                |
|                     |                |
|                     |                |
|                     |                |

7. Using the glossary, define the following:
  - a. Carcinogen -
  - b. Emphysema -
  - c. Nicotine -

Name:

H.E.L.P. Alcohol Virtual Lab: <http://help4kids.stanford.edu/alcohol/framework.swf>

Click on the link in Edmodo and complete the H.E.L.P Alcohol Virtual Lab while answering the questions below.

1. Name two myths about alcohol and two facts about alcohol according to H.E.L.P.
 

Myths: \_\_\_\_\_

Facts: \_\_\_\_\_
2. What organs make up the nervous system?
3. Name three jobs of the nervous system.
  - a.
  - b.
  - c.
4. How does alcohol affect our nervous system functions?
5. What does it mean that alcohol is a "depressant"?
6. What is BAC?
7. What is BAC influenced by?
8. Complete the Blood Alcohol Concentration lab with a 120lb female, or a 120lb male.
  - a. How many drinks does it take to have any effect on either person?
  - b. How many drinks did you give your male/female altogether?
  - c. How long did it take for the alcohol to clear from the person's body?
9. At what BAC level can death occur?