

Lesson 41: Smoking

Hi! How are you today?

Today's lesson is about "**Smoking.**"

Have fun learning English!

Warm-up | Useful Expressions

Directions: Listen and repeat.

Vocabulary

- **non-smoking area** - a part/corner of a place where smoking is not allowed
- **passive smoking** - the act of breathing in smoke from other people's cigarettes
- **habit** - a regular practice or routine
- **habitual** - doing something that has become a habit and is therefore difficult to stop
- **nicotine** - the toxic liquid that makes tobacco addictive
- **neurons** - the cells that are actively working in the human brain
- **lungs** - a pair of breathing organs in the chest
- **heads-up** - a piece of information given in advance of something or as advice
- **addiction** - a bad habit that is difficult to quit
- **addicted** - unable to stop taking something harmful (drugs, cigarettes, etc.) as a habit

Expressions

- **Next to impossible** - Not completely impossible, but almost impossible.
- **Go cold turkey** - To stop completely something that you are addicted to.
- **Whatever you think is best.** - An expression to say that he/she can do anything he/she thinks is right.

Activity 1 | Dialogue

Directions: Read the dialogue aloud with your teacher.

Leo is smoking in a non-smoking area. Mark tells him not to smoke.

Mark: Hi Leo, you are smoking in a **non-smoking area**.

Leo: Oh! I am sorry. I did not see the sign. *(Stops smoking.)*

Mark: Have you been smoking for long?

Leo: Yes, I started smoking when I was 20 years old.

Mark: Wow, you really are a heavy smoker! Don't you know that it is bad for your health and **lungs**, and it can also make your lips dry?

Leo: Thanks for the **heads-up**, but I can't help smoking. It is very hard for me not to smoke... It has become a **habit**.

Mark: A habit?

Leo: Yes, I smoke after every meal. For me, smoking has already become **habitual**.

Mark: You know, the **nicotine** can really damage your lungs. Not only that, it also kills millions of **neurons** in your brain. Moreover, it affects the people around you too; this is called **passive smoking**. Smoking becomes an **addiction**, as you have experienced. Once you are **addicted** to smoking, it is **next to impossible** to **go cold turkey**.

Leo: I know all of that. I read all of it in a book.

Mark: And? Don't you have any plans to quit smoking?

Leo: Actually I quit.

Mark: You said you quit, but you were smoking here!

Leo: I quit reading the book and stopped thinking negatively about smoking.

Mark: *(sighs)* **Whatever you think is best.**

Check your understanding: Answer the following questions.

1. Why did Mark tell Leo not to smoke there?
2. What did Mark mention about the bad effects of smoking?
3. Why did Mark sigh at the end?

Activity 2 | Discussion

Directions: Discuss some of the factors about smoking listed below with your teacher.

- The prices of the cigarettes
- Smoking under the legal age
- Passive smoking
- Practical ways to stop smoking

Activity 3 | Free Conversation

Directions: Take turns with your teacher in answering the questions

1. Do you smoke?
2. What do you think are the advantages of smoking, if there are any?
3. Why do you think people start smoking in the first place?
4. What do you think are the possible ways for a smoker to stop smoking?
5. What do you think about the recent trend that more and more areas are designated as non-smoking areas?