



**What I should already know:**

- Not all drugs are bad for you.
- Some medicines are used to make us feel better.
- Drinking too much alcohol can damage your organs.
- Smoking too much can turn your teeth and fingernails yellow.



**By the end of this unit:**

- Explore the vocabulary and the meanings of the words that are used to describe drugs and medicines.
- Harmful effects of alcohol on different parts of the body
- Further understand the effects of tobacco on the body and lifestyle
- Begin to understand the law in relation to alcohol

**Key Facts at the end of the unit:**

- Legal drugs are given to you by your doctor on prescription and can be collected in your nearest pharmacy.
- Taking or selling illegal drugs is breaking the law.
- Shopkeepers are not allowed to sell cigarettes to anybody under 16 or alcohol to anybody under 18.

**Vocabulary**

<b>Addiction</b>	An urge to do something that is hard to control or stop.
<b>Adrenaline</b>	A substance that is released in the body of a person is feeling a strong emotion e.g. excitement, fear or anger, and that causes the heart to beat faster and gives the person more energy.
<b>Alcohol</b>	Is a liquid that is in beer, wine and spirits. It is a drug that changes the way you feel by changing the way the brain sends and receives messages to the rest of the body
<b>Emphysema</b>	Lung condition that causes severe shortness of breath.
<b>Illegal</b>	Against the law.
<b>Nicotine</b>	Is a highly addictive substance that is found in tobacco. It is quickly absorbed into the bloodstream when smoked,
<b>Organs</b>	Recognisable structures in the body that work together to keep us alive e.g. heart, liver, kidney, brain etc.
<b>Prescription</b>	An instruction written by a doctor that issues a patient with a medicine or treatment.
<b>Tobacco</b>	Is a plant that can be smoked in cigarettes, pipes or cigars.



**NO SMOKING**

