

Tobacco Prevention Toolkit

E-cigarette and Vape Pen Module Unit 3 Quiz

- 1. E-Cigs/Vapes _____ have nicotine.**
 - a. never
 - b. sometimes
 - c. always
 - d. none of these
- 2. Nicotine...**
 - a. changes brain chemistry.
 - b. is a stimulant.
 - c. is highly addictive.
 - d. all of these.
- 3. The brain can acquire the pleasure chemical, dopamine, via...**
 - a. snowboarding.
 - b. cliff diving.
 - c. smoking cigarettes.
 - d. all of these
- 4. A drop in nicotine levels causes the body to have strong cravings for nicotine.**
 - a. True
 - b. False
- 5. Nicotine causes increased heart rate, lung damage, acid reflux, inhibits your sex drive and...**
 - a. inhibits night vision
 - b. more health problems for those with diabetes
 - c. hair growth
 - d. none of these
- 6. E-cigarette/Vape pen flavors are fruit based and therefore not harmful.**
 - a. True
 - b. False
- 7. Some flavors can be more harmful than others such as...**
 - a. Whole Foods, Organic
 - b. Pizza, Pie
 - c. McDonald's
 - d. Cinnamon, Cherry
- 8. Diacetyl is related to popcorn lungs and...**
 - a. is reversible.
 - b. aids breathing.
 - c. found in e-cigarettes/vape pen flavors.
 - d. does not scar the lungs.
- 9. E-Cigs/Vapes cause aerosols to enter the lungs, may contain nicotine, ear/eye/throat irritation**
 - a. All of these
 - b. None of these
 - c. Some of these



10. We know there are no health risks associated with the use of e-cigarettes/vape pens.

a. True

b. False

11. We know there are no benefits to some people using E-Cigs/Vapes

a. True

b. False

12. Thirdhand smoke...

a. are chemicals from smoking that stick to surfaces

c. a mythical term invented by the Cancer Society

b. is smoke that comes from a hookah

d. None of these

