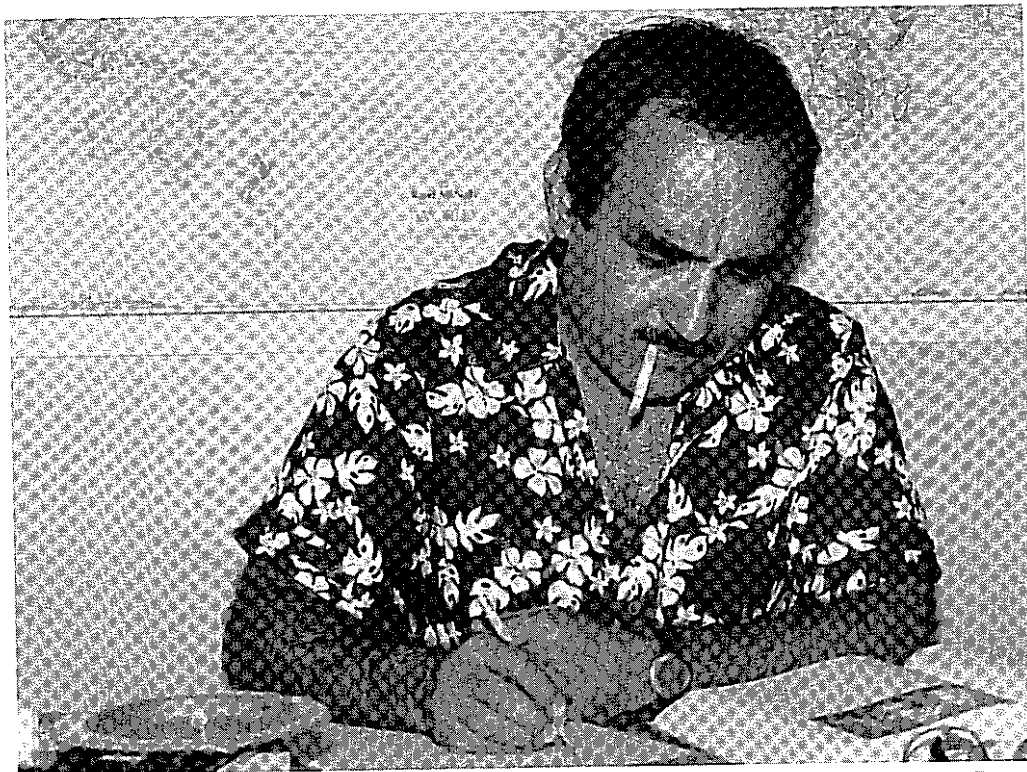


---

---

# UNIT 7



---

## 1. PRE-READING

---

Look at the picture.

- What is the man doing?

# Why Can't They Quit?

**T**HE man in the picture is Ali. Ali is from Saudi Arabia, but he is living in the United States. Ali will stay in the United States for one year. During the year, Ali wants to do two things. First, he wants to learn English. Second, he wants to quit smoking.

Ali has smoked for nine years. He smokes a pack of cigarettes every day. Ali says, "I tried to quit smoking in Saudi Arabia, but it was impossible. My brothers smoke. My friends smoke. At parties and at meetings, almost all the men smoke. Here in the United States not as many people smoke. I think that in the United States I can stop smoking. It will be easier to quit here."

Many smokers are like Ali. They want to quit smoking. They know that smoking is bad for their health. They know that it can cause cancer and heart disease. But it is difficult for them to stop smoking. It is difficult because cigarettes have a drug in them. The drug is nicotine. People who smoke a lot need nicotine.

The first few times a person smokes, the smoker usually feels terrible. The nicotine makes the person sick. In a few days, the smoker's body gets used

to the nicotine, and the smoker feels fine. Later the smoker needs nicotine to feel fine. Without the smoker feels terrible. The smoker is addicted to nicotine.

What happens when people quit smoking? What happens when smokers don't have nicotine? People who quit smoking are often depressed and nervous for weeks. Some people want to eat sweets, so they gain weight.

Doctors sometimes give special chewing gum to people who want to quit smoking. The chewing gum has a little nicotine in it. When smokers need nicotine, they don't smoke cigarettes. They chew the gum instead. Each day the smokers try to chew the gum less often. With the gum, people can stop smoking and then gradually give up nicotine.

It is very difficult to stop smoking. Many people who quit smoking will smoke again. At a party or maybe at work they will decide to smoke "just one cigarette." Then they will smoke another cigarette and another. Soon they are smokers again. Maybe there is only one easy way to quit smoking: never start.

## 2. VOCABULARY

Complete the sentences. Find the right words. Circle the letter of your answer.

- Ali doesn't want to smoke. He wants to \_\_\_\_\_ smoking.
  - try
  - study
  - quit
- Smoking can \_\_\_\_\_ cancer and heart disease.
  - cause
  - help
  - separate
- When a person smokes for the first time, the nicotine makes the smoker sick. In a few days the smoker feels fine. The smoker's body \_\_\_\_\_ the nicotine.
  - gets tired of
  - gets used to
  - gets angry at
- People who smoke a lot need nicotine. They are \_\_\_\_\_ nicotine.
  - addicted to
  - afraid of
  - worried about

---

---

### 3. COMPREHENSION

---

#### UNDERSTANDING THE MAIN IDEA

Circle the letter of the best answer.

1. It is difficult to quit smoking because
  - a. a lot of people smoke at parties and meetings.
  - b. many people who quit will smoke again.
  - c. smokers are addicted to nicotine.
2. Nicotine is
  - a. a kind of chewing gum.
  - b. a drug in cigarettes.
  - c. a sweet food.

#### UNDERSTANDING TIME RELATIONSHIPS

Find the best way to complete each sentence. Write the letter of your answer on the line.

- |  |                                      |
|--|--------------------------------------|
| 1. _____ When people smoke for the first time, | a. the nicotine usually make sick.   |
| 2. _____ When people smoke for a long time,    | b. they are often depressed nervous. |
| 3. _____ When smokers stop smoking,            | c. they become addicted to nicotine. |
| 4. _____ When people eat a lot of sweets       | d. they usually gain weight.         |

#### REVIEWING THE STORY

Do you remember the story? Complete each sentence. Then read it again. Were you right?

It is difficult to quit smoking because smokers are \_\_\_\_\_<sup>1</sup> *addicted* to nicotine. Nicotine is a \_\_\_\_\_<sup>2</sup> that is in cigarettes. People who quit \_\_\_\_\_<sup>3</sup> are often depressed and nervous. Some people \_\_\_\_\_<sup>4</sup> weight because they eat sweets instead of smoking.

People who want to quit smoking sometimes chew a special \_\_\_\_\_<sup>5</sup>. The gum has a \_\_\_\_\_<sup>6</sup> in it. When smokers need nicotine, they \_\_\_\_\_<sup>7</sup>.

---

---

It is very difficult \_\_\_\_\_<sup>8</sup> quit smoking, and many people who quit will \_\_\_\_\_<sup>9</sup> again. Maybe there is only one easy \_\_\_\_\_<sup>10</sup> to quit smoking: never start.

---

## 4. DISCUSSION

---

Think about these questions. Discuss your answers with your classmates.

1. Do you smoke? Do many men in your country smoke? Do many women in your country smoke?
2. In the United States cigarette companies advertise in magazines and newspapers, but not on TV or on the radio. Where do cigarette companies advertise in your country?
3. In the United States every pack of cigarettes and every cigarette ad has a warning. The warning says: "Cigarettes are dangerous. They are bad for your health." Do you think the warning stops people from smoking? What stops people from smoking?
4. Many people think that smoking is a bad habit. There are other bad habits. Some people, for example, drink too much coffee. Some people watch too much TV. Do you have any bad habits?

---

## 5. WRITING

---

Write about Ali.

1. *Ali is from Saudi Arabia.*

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Write about nicotine.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_