

Unit 3

Awareness about Health

Reading A : India's Battle to Ban Chewing Tobacco

Reading B : The Dentist and the Crocodile

Reading C : Ayurveda





Awareness about Health

Pre-reading

1. Look at the poster and read it carefully. What is it about?

GUTKA PACKS A KILLER PUNCH FOR YOUR DNA



- Chewing tobacco contains 3,000 chemicals including several known cancer causing agents and toxic metals such as arsenic, nickel and cadmium
- *It is directly responsible for oral cancers and is a major risk factor for cancers of lung, stomach, pancreas, kidney, bladder, colon and uterine cervix*
- Long term use of chewing tobacco can cause genetic damage and such defects may get passed on to the future generations
- *The use of chewing tobacco is not just prevalent in villages, but is spreading to urban areas and among the educated with convenient packaging and advertising*

2. Discuss in groups the harmful effects of gutka chewing and also what makes it harmful.