

# Cancer Prevention and Healthy Lifestyles

## LEARNING OUTCOMES

Knowledge, Skills  
& Actions



To explore the health  
benefits of living a healthy  
lifestyle

To explore how diet, stress  
and life situations can  
impact on health

To evaluate the latest  
research on cancer  
prevention and healthy  
lifestyle choices

## NEW VOCABULARY

Cancer Prevention, Cultured  
Meat, Industrial Farming,  
Vegans, Immunity,  
Malnutrition, Tumours



## STARTER ACTIVITY

What choices have you made this month  
that were healthy?

What choices have you made this month  
that were unhealthy?



3 Minutes

# GROUND RULES



Be open and honest  
**No Personal Comments**  
Discussions must be about  
'general situations'



You don't have to say  
things about yourself if  
you don't want to

**It's OK to be embarrassed**  
by a topic but don't show  
that you are embarrassed  
through silliness



## Be Respectful

Listen & don't interrupt others  
Only 1 person talking at a time  
Use the agreed appropriate  
language (Avoid slang terms)



**Don't Make Assumptions**  
about people's values,  
attitudes, behaviours, life  
experiences or feelings

## **PSHE CLASSROOM RULES**

### **DEALING WITH SENSITIVE TOPICS**

### **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

## Be Non-Judgemental

No put-downs. Challenge  
the opinion, not the  
person



Conversations on sensitive  
topics stay in the  
classroom unless it is a  
**safeguarding issue**

There are **no stupid questions**  
It's OK to get things wrong

**Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support**



# Cancer Prevention and Healthy Lifestyles

ASSESSMENT  
FOR LEARNING

## BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I make healthy choices in my lifestyle										
I can explain how diet, stress and life situations impact on physical health										
I understand some of the latest research on cancer prevention										



Complete a baseline assessment of where you think you are at for this lesson  
(Discuss or complete sheet)



2 Minutes



I'm not confident at all on this topic



A little confident



Confident



Very confident



I am super confident on this topic



Click to reveal

E \_ T M O \_ \_  
F \_ U \_ T \_

Click to reveal

E \_ E \_ C \_ S \_

Click to reveal

D R \_ \_ K M \_ \_ E  
W \_ T \_ R

Click to reveal

PEACE O \_  
M \_ \_ D

Click to reveal

\_ \_ T L \_ S S  
S \_ \_ A R

# HEALTHY LIFESTYLE

Click to reveal

M E D \_ \_ \_ I O N

Click to reveal

W \_ L \_ M \_ R E

Click to reveal

G \_ \_ D N \_ G H \_ \_  
S L \_ \_ P

## **SORTING ACTIVITY**

# Lifestyle Questions

### **Diet**

**a) What are the 3 conditions you may suffer from if you do not eat enough?**

- 1.
- 2.
- 3.

**b) What are the 3 conditions you may suffer from if you eat too much?**

- 1.
- 2.
- 3.

### **Stress**

**c) What are 3 of the conditions that too much stress increases the risk of developing?**

- 1.
- 2.
- 3.

### **Life Situations**

**d) What are the 7 life situations that might have an effect on health?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**Cancers**

**Rickets**

**Quality of healthcare**

**Quality of sanitation in the community / country**

**Type 2 diabetes**

**Where you live**

**Financial status**

**Cancers**

**Starvation**

**Gender**

**Anaemia**

**Heart Disease**

**How many children you have**

**Obesity**

**Ethnic group**

**Mental health problems**

## **SORTING ACTIVITY**

# Lifestyle Questions

### **Diet**

**a) What are the 3 conditions you may suffer from if you do not eat enough?**

1. Starvation
2. Anaemia
3. Rickets

**b) What are the 3 conditions you may suffer from if you eat too much?**

1. Obesity
2. Cancers
3. Type 2 diabetes

### **Stress**

**c) What are 3 of the conditions that too much stress increases the risk of developing?**

1. Heart Disease
2. Cancers
3. Mental health problems

### **Life Situations**

**d) What are the 7 life situations that might have an effect on health?**

1. Where you live
2. Gender
3. Financial status
4. Ethnic group
5. Quality of sanitation in the community / country
6. How many children you have
7. Quality & availability of healthcare

**Cancers**

**Rickets**

**Quality & availability of  
healthcare**

**Quality of sanitation in the  
community / country**

**Type 2 diabetes**

**Where you live**

**Financial status**

**Cancers**

**Starvation**

**Gender**

**Anaemia**

**Heart Disease**

**How many children you  
have**

**Obesity**

**Ethnic group**

**Mental health problems**

# Quick Quiz: Healthy Lifestyles

## NUMBERS ROUND

**A**

How many main food groups are there?

4

5

6

7

**B**

According to Public Health England (in 2022) the average life expectancy for a female baby born is?

83

87

90

94

**C**

According to Public Health England (in 2022) the average life expectancy for a male baby born today would be?

79

82

87

94

**D**

What % of all deaths in England are from infectious diseases?

8%

18%

28%

38%



**58 Years  
Apart - A Girl  
and a Woman  
Talk About  
Life**

**3.5 Minutes**



**"People are nicer to you  
when you are older"**

- Older individuals are more prone to illness and disease than other adults
- They are also less able to regenerate tissue
- Individuals in later adulthood decline physically
- Individuals age at different rates depending on heredity, health and environment
- There is more time for people in later adulthood to spend with friends and family members
- Add your own ideas...

**What are the  
advantages and  
disadvantages of  
growing older?**



# ***HOW CAN THESE IMPACT YOUR HEALTH?***

**Viruses**  
**(CLICK TO REVEAL)**

**A defective immune system**  
**(CLICK TO REVEAL)**

**Immune reactions**  
**(CLICK TO REVEAL)**

**Severe physical ill health**  
**(CLICK TO REVEAL)**

**Malnutrition**  
**(CLICK TO REVEAL)**

# UNHEALTHY LIFESTYLE

1



unhealthy food

2



unhealthy drinks

3



too much sugar

4



passive rest

5



unhealthy  
schedule of life

6



results

## Task

Hand up if you fall into these categories sometimes

## Challenge

Explain how someone could make small changes to improve their lifestyle

WHAT'S  
REALLY IN  
OUR FOOD?

3 Minutes

PLAY VIDEO

# Preventing Cancer

The truth is we still don't know fully how to prevent cancer but lots of scientists and studies have started to spot some trends in the data to suggest some ways to reduce our risk of getting certain types of cancer by changing some of our lifestyle choices.

## World cancer research fund:

Major findings on cancer and animal foods.

There is strong evidence that consuming:

- red meat **INCREASES** the risk of colorectal cancer
- processed meat **INCREASES** the risk of colorectal cancer
- Cantonese-style salted fish **INCREASES** the risk of nasopharyngeal cancer
- dairy products **DECREASE** the risk of colorectal cancer

Source:

<https://www.wcrf.org/dietandcancer/exposures/meat-fish-dairy>

## Task

Read the findings and discuss how it could inform people's lifestyle choices.

What other data would be useful to know?

What other research studies could be undertaken?

## Did you know?

*Colorectal cancer affects the colon or rectum and is one of the leading causes of cancer-related deaths in the UK. The incidence rate for colorectal cancer is approximately 60 cases per 100,000 population per year.*

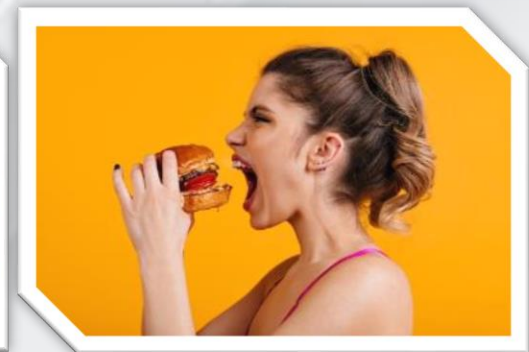
# Growing Meat

Scientists are now experimenting with growing laboratory meat cloned from proteins from real animals known as 'Cultured Meat'

This is to help keep up with our global meat consumption, we need more meat production and growing it in labs takes up less space and energy.

"Meat grown using tissue engineering techniques, so-called 'cultured meat', would generate up to 96% lower greenhouse gas emissions than conventionally produced meat, according to a new study".

Source:  
<https://phys.org/news/2011-06-lab-grown-meat-emissions-energy.html>



## Did you know?

*According to a survey conducted by the National Food Survey in 2018, approximately 91% of the UK population identified themselves as meat eaters.*

## Task

Read the findings and discuss how it could inform people's lifestyle choices.

What other data would be useful to know?

Would you consider eating 'Cultured Meat'?

**Money is being invested into the cultured meat industry as there is a growing trend in avoiding animal products and industrial farming. Humans are becoming more conscious of what they eat, for their own bodies, peace of mind and spirituality.**



# Industrial farming and cancer

Industrial farming produces meat that is lacking in nutrients from animals;

- Not having enough access to sunlight
- Living in cramped conditions
- Not being given a balanced healthy diet
- Being given growth hormones
- Being given antibiotics to keep any inflammation and infections down

These growth hormones and antibiotics will pass into your system in small amounts.

“Mad cow disease spread in British herds in the mid-1980s after they were fed the processed animal remains of sheep infected with scrapie, a closely related brain-wasting disease”

Nature does not like unnatural cannibalism!

Source: .

<https://www.cbsnews.com/news/mad-cow-disease-basic-questions/> CBS news 1 Feb 2001

## Did you know?

*Industrial farming, also known as factory farming, refers to a method of agricultural production that involves large-scale, highly mechanized operations focused on maximizing production efficiency and output.*



## Task

Read the findings and discuss how it could inform people's lifestyle choices.

What other data would be useful to know?

What other research studies could be undertaken?

Some people, also believe eating meat from industrial farming settings is not good for you as the animal lived a very stressful life.

Your body will take on that animal's stress hormones.

Physically that is seen as not good but also spiritually.

Religious beliefs and meat – halal?

Pork is thought of as 'dirty' in orthodox Jewish communities, because it does not sweat, so its impurities stay inside its body.

Likewise, shellfish are bottom feeders this is why they are seen as unclean.





## Whole grains and fibre for colon and gut health.

Fibre is needed to keep waste elimination and solid excretion regularly happening. Healthy happy poops.

‘Dietary fibre and cancer prevention. ... A large body of literature suggests that eating a variety of foods containing high fibre has a protective effect against colon cancer. Evidence also indicates that a high fibre-containing diet may be protective against breast, ovary, endometrial, and gastrointestinal cancer.’

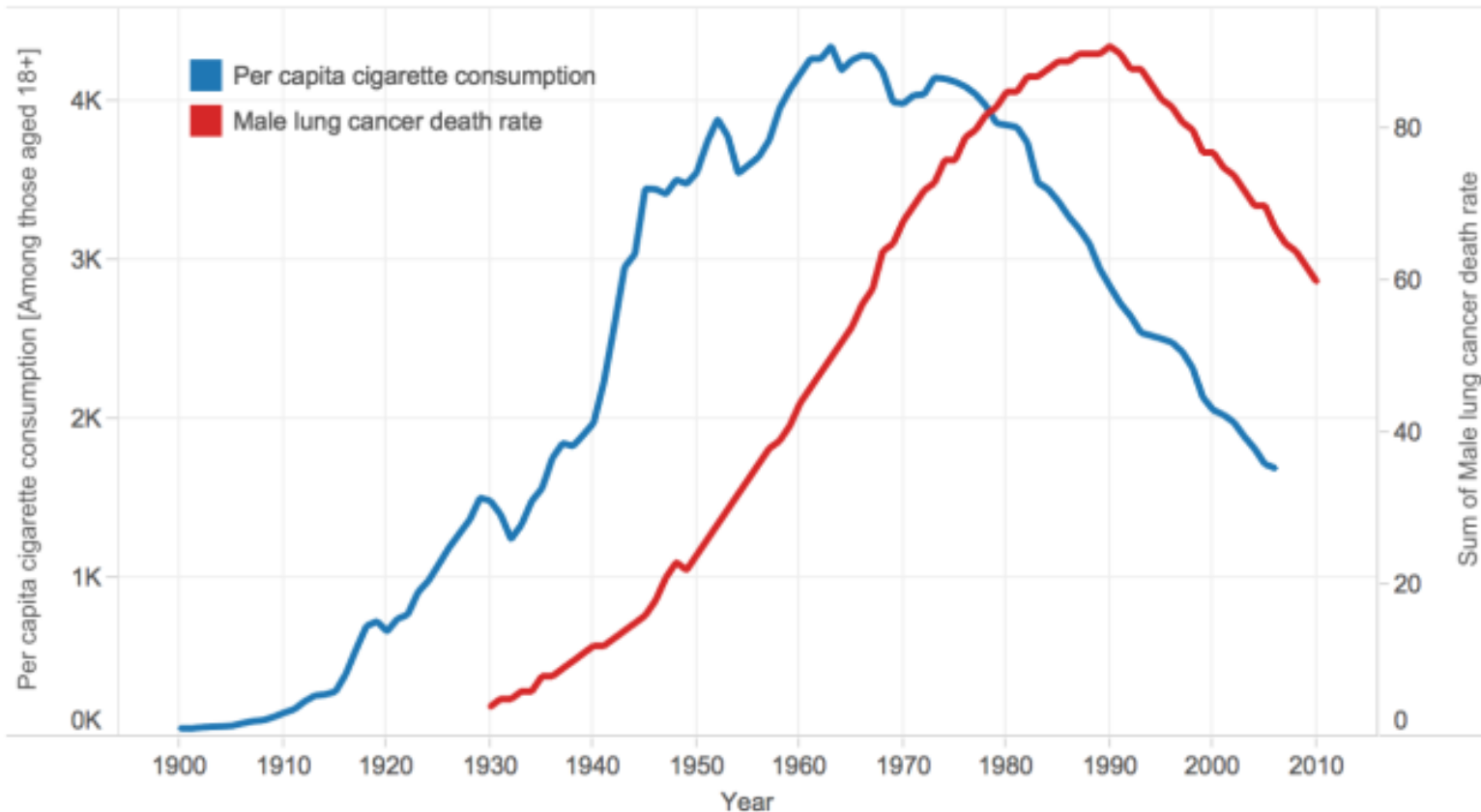
Source: Hematol Oncol Clin North Am. 1991 Feb;5(1):25-41.



### Task

How can fibre help to prevent cancer?  
What foods contain fibre?

## Trends in Tobacco Use and Lung Cancer Death Rates in the U.S.



Death rates source: US Mortality Data, 1960-2010, US Mortality Volumes, 1930-1959, National Center for Health Statistics, Centers for Disease Control and Prevention.

Cigarette consumption source: US Department of Agriculture, 1900-2007.

### Tasks

- 1) Explain the correlation between smoking use and lung cancer death rates in the USA
- 2) What does this suggest about cancer prevention?





## **Not smoking can help to prevent lung cancer**

700-1000 chemicals in one cigarette

Smoking reduces lung capacity. Less capacity of an organ makes it susceptible to mutations.

Mutations can create tumours.

Lungs are linked to the emotion of grief and loss in lots of eastern cultures and medicines. Losing loved ones and not processing the emotional and spiritual side of it can cause the lungs to inflate less.

# CANCER TYPES



breast cancer



lung cancer



stomach cancer



ovarian cancer



bone cancer



brain cancer



laryngeal cancer



prostate cancer



testicular cancer



lymphoma



## Task

How do people raise funds to help support cancer treatment and research into a potential cure?



**WORLD**  
Cancer Day  
4TH OF FEBRUARY

## What Do You Think?



**“You cannot prevent yourself from getting cancer when you are older”**

### Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

**Do you agree or disagree? Why?**

**Can you add to the statement?**

**Do you have a question about the statement?**

**Would you like to challenge what is being said?**

**Do you have an alternative idea?**





# REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT  
FOR LEARNING

## CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I make healthy choices in my lifestyle										
I understand some of the latest research on cancer prevention										
I can explain how diet, stress and life situations impact on physical health										



Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



3 Minutes

I'm not  
confident at all  
on this topic

A little  
confident

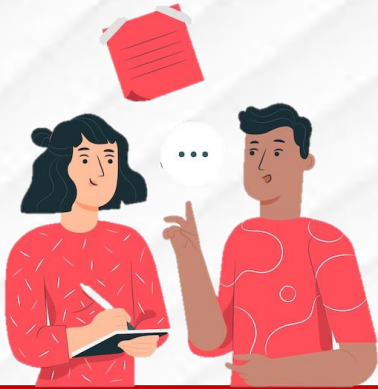
Confident

Very  
confident

I am super  
confident on  
this topic



# HOMEWORK SUGGESTION



## DUE DATE

Must be submitted by...

Hand / Google  
Classroom

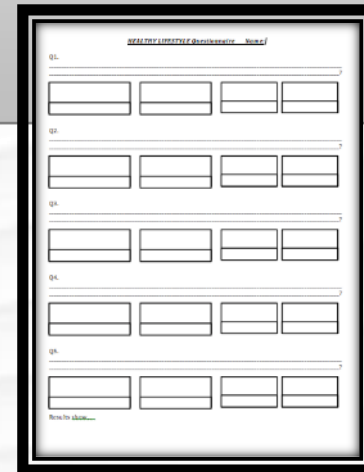


## Homework Explained

Design a questionnaire that helps you to find out if Year 7s in your school lead a healthy lifestyle.

Come up with at least 5 questions that you could ask that would help you decide.

Tip. Don't just think about exercise and junk food.



Q1.				
Q2.				
Q3.				
Q4.				
Q5.				





# IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT  
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,  
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.  
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ ChildLine - You can talk to us about anything. No problem is too big or too small. Call us on 0800 1111 or chat to us online <https://www.childline.org.uk>
- ☐ <https://kidshealth.org/> - A large range of health subjects covered including puberty for children and teens
- ☐ <https://www.brook.org.uk/your-life/puberty/> - Brook Health lives for young people
- ☐ <https://www.nhs.uk/> - Loads of information on a very wide range of physical and mental health issues

HEALTH  
& WELLBEING

## SEEKING SUPPORT

# REFLECTION PLENARY



**A problem I overcame today was...**

**Before I only knew...  
now I also know...**

**The key words for this lesson  
were...**

**I'm really proud of the way I have...**

**Today I have tried to...**

**The most important thing I have  
learnt today is...**

**I used to feel ... but I now feel ...**

**Before I would have done...  
Now I will ...**

**Next lesson I would like to...**

**A question I would like to ask  
is...**

**I would like to learn more  
about...**

**I know if I need further support  
or help I could speak to.... or  
contact...**

**I now know I can be supported  
others by...**

**One thing I didn't realise was...  
this will help me to...**

**2 Minutes**







# REFER TO MINDFULNESS POWERPOINT

