



Work Sheet on World Cancer Day Activity

February 4th, 2022

Name

Class

Sec

F.M 10

Choose the correct option

1. World Cancer Day is observed every year on

- a. 4th January
- b. 3rd February
- c. 5th February
- d. 4th February

2. The World Cancer Day is lead by

- a. UCLA
- b. UGC
- c. UICC
- d. UPSC

3. Which are the foods that are known to have a positive effects in the fight against Cancer

- a. Butter, red-meat, chicken, fish & eggs
- b. Blueberries, beetroot, broccoli, garlic & green tea
- c. Pulses, brown-bread, cereal & nuts
- d. Chocolates, ice-cream, pastries, sweets & juices



4. Cancer is a death sentence.

- a. Yes, once a person is diagnosed with the disease he/she will die
- b. Herbal products can cure Cancer
- c. The person will die within the next five years
- d. Modern medicine has made huge stride in cancer treatment, 40% of people diagnosed with Cancer are disease free in five years

5. Cancer is caused by change in cell _____.

- a. RNA
- b. DNA
- c. WBC
- d. RBC



6. How many steps are there for Oral Cancer screening?

- a. Seven steps
- b. Ten steps
- c. Eight steps
- d. Five steps

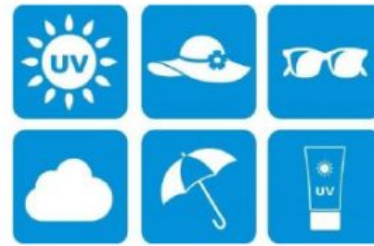
7. What is family health history?

- a. Health information about you and your close relatives
- b. Health information about your Community
- c. Health information about family friends
- d. Health information about you and your close relatives



8. How can you protect yourself from the sun?

- a. Avoid mid-day sun
- b. Stay in the shade
- c. Cover exposed areas
- d. All of the above



9. The Theme for the World Cancer Day 2022 is

- a. "I am and I will"
- b. "We Can, I Can"
- c. "Close the Care Gap"
- d. "A Healthier Brighter Future"

10. Cell phones, Computers and microwave ovens cause cancer through radiation. Is the statement true or false

- a. True
- b. False

