



**WHAT ARE THE
RISK FACTORS FOR
CANCER?**
(KEY STAGES 2, 3 & 4)

SCIENCE LESSON PLAN



DURATION: 60 MINUTES



**forget me not
children's hospice**

Charity No. 1110457

THE BIG PICTURE

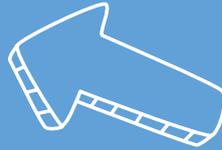
THIS LESSON WILL HELP PUPILS TO:

- ➔ Describe what cancer is
- ➔ Identify the lifestyle risk factors that can lead to various types of cancer
- ➔ Explain how we can reduce our risk of cancer by making changes to our lifestyle



FOR THIS LESSON YOU WILL NEED:

- ➔ Risk factor posters
- ➔ Table A
- ➔ Graph A
- ➔ Graph B



BREAKING THE ICE:

Put students into groups of 2 or 3 and ask students to answer a series of questions by using Think Pair Share. 'Who gets cancer?' 'Do you catch cancer?' 'How many different types of cancer are there?' 'What causes cancer?' 'What is cancer?'



TALKING POINT:

It is important for the students to understand that cancer is a result of a change of cells that leads to uncontrolled growth and division. There are 2 types of cancer benign and malignant. Benign tumours are growths of abnormal cells in one area only and do not invade other parts of the body. Malignant tumours are cancers and invade neighbouring tissues and spread in the blood to other parts of the body.

Scientists spend a lot of time on money looking at the risk factors that cause cancer. Some are caused by lifestyle choices and some by our genes. By controlling what we eat, drink, smoke and do, we can reduce our chances of getting cancer.

CLASS ACTIVITY:

Stick the risk factor posters around the classroom and ask pupils to collect the information about each of the possible risks and think of what an individual or a community can do to reduce the risk factor on the table A.

On the axes of graph A ask students to write where they think the risk factors go in terms of how easily they can be controlled and how many cases of cancer they cause. After they have done this graph B can be shown to the pupils to discuss whether they were right or wrong, and why that might be.

CHECKING UNDERSTANDING:

Ask pupils to make a lifestyle guide to make people aware of the risk factors that can lead to cancer and how we can reduce these risks. This should include a description of what cancer is.

EXTENSION:

- ➔ Mitosis
- ➔ Diagnosis and treatment of cancer (CT scans and radiotherapy - links to GCSE Physics)

