**Honors Project Checkpoint #3-Cancer and Health**

 ***Submit this Form with your typed Checkpoint***

***DUE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

Patient Ethnicity (provided by teacher): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Answer the following questions in typed, paragraph format:**

1. Define/explain cancer *in your own words*.
2. How does cancer develop? Explain this development in relationship to mitosis.
3. Define “metastasis.” In a timeline, list the steps of metastasis.
4. What cancers have been scientifically linked to poor nutrition and obesity? (name at least 2) Why do scientists believe these cancers are linked to poor nutrition and obesity?
5. For the cancers that you described in #4, list the ethnicities most affected by these cancers.
6. What foods/diets are linked to lowered cancer risks? (Hint: Research “antioxidants”) Why do scientists believe these specific foods/diets are beneficial?
7. Describe how **one** of the following factors also relates to cancer: genetics, lifestyle, stress, environmental factors.
8. Include a Works Cited with at least 3 sources.

**Rubric:**

***Component Pts. Possible Pts. Earned***

1. Cancer defined 10 \_\_\_\_\_\_\_\_
2. Cancer development/ mitosis 10 \_\_\_\_\_\_\_\_
3. Metastasis defined and timeline 15 \_\_\_\_\_\_\_\_
4. Cancers have links to poor nutrition/ obesity? Why? 15 \_\_\_\_\_\_\_\_
5. Ethnicities that most often get above cancers 10 \_\_\_\_\_\_\_\_
6. Foods/diets linked to lowered cancer risks? Why? 15 \_\_\_\_\_\_\_\_
7. Related factors to cancer 15 \_\_\_\_\_\_\_\_
8. 3 Cited Sources in correct MLA format 5 \_\_\_\_\_\_\_\_
9. Typed 5 \_\_\_\_\_\_\_\_

Total 100 \_\_\_\_\_\_\_\_