



## American Cancer Society Circle Of Life<sup>SM</sup>

Cancer Education and Wellness for American Indian and Alaska Native Communities

### Healthy Habits Knowledge Questions

1. Everyone should eat how many servings of vegetable and fruits each day?
  - a) 1 cup
  - b) 1 ½ cups
  - c) 2 cups
  - d) 2 ½ cups
2. Adults should get \_\_\_\_ minutes of moderate intensity activity or \_\_\_\_ minutes of vigorous intensity activity each week?
  - a) 120 minutes, 60 minutes
  - b) 150 minutes, 75 minutes
  - c) 180 minutes, 90 minutes
  - d) 90 minutes, 45 minutes
3. If at all, women should drink no more than \_\_ alcoholic drink(s) each day and men should drink more than \_\_ alcoholic drink(s) each day?
  - a) 1 drink for women, 2 drinks for men
  - b) 2 drinks for women, 2 drinks for men
  - c) 1 drink for women, 3 drinks for men
  - d) 2 drinks for women, 3 drinks for men
  - e) Certain types of Human Papilloma Virus (HPV) cause cervical cancer.
  - f) True
  - g) False
  - h) Not Sure
4. Only 5-10% of cancers are due to genetics.

- a) True
- b) False
- c) Not Sure