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# Unlocking Ginger's Power: Cancer-Fighting and Chemoprotective Benefits

## Description

Medicinal plants are becoming popular for helping treat diseases. One well-known plant is ginger (*Zingiber officinale*). People have used ginger to reduce pain and swelling for a long time. Now, research shows ginger may help protect against cancer.

With over 2 million cancer cases expected in the U.S. this year, it is important to find new treatments. Many studies show ginger might fight cancer. For instance, ginger may help slow down the growth of cancer cells and make cancer treatments work better.

Ginger has important compounds like gingerol and shogaol. These compounds help fight cancer cells and can cause cancer cells to die. Research has even shown that ginger can help with some side effects of chemotherapy, like nausea and vomiting.

Besides cancer, ginger is good for other health problems. It can reduce stomach pain, help with digestion, and lower blood sugar levels. You can add ginger to tea, curries, or smoothies for a tasty flavor and health benefits!

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## Vocabulary List:

1. **Medicinal** /mə'dɪs.ɪ.nəl/ (adjective): Relating to the treatment of illness or injury.
2. **Compounds** /'kɒm.paʊndz/ (noun): Substances formed by the chemical combination of two or more elements.
3. **Chemotherapy** /,ki:.məʊ'ter.ə.pi/ (noun): A type of cancer treatment that uses drugs to destroy cancer cells.
4. **Nausea** /'nɔ:zi.ə/ (noun): A feeling of sickness with an inclination to vomit.
5. **Swelling** /'swel.ɪŋ/ (noun): An enlargement of an area of the body typically due to injury or disease.
6. **Digestion** /daɪ'dʒes.tʃən/ (noun): The process by which the body breaks down food.

## Comprehension Questions

### Multiple Choice

1. What is the well-known plant that people have used to reduce pain and swelling for a long time?



- Option: Aloe vera
- Option: Ginger
- Option: Lavender
- Option: Chamomile

2. Which compounds in ginger are known to help fight cancer cells?

- Option: Caffeine and Lycopene
- Option: Gingerol and Shogaol
- Option: Vitamin C and Calcium
- Option: Omega-3 and Zinc

3. In addition to reducing pain and swelling, what is another potential health benefit of ginger?

- Option: Lowering blood pressure
- Option: Improving memory
- Option: Aiding digestion
- Option: Boosting immunity

4. What is the primary use of ginger in chemotherapy?

- Option: Preventing hair loss
- Option: Reducing nausea and vomiting
- Option: Boosting energy levels
- Option: Enhancing taste perception

5. How can ginger be consumed to reap its health benefits?

- Option: Smoking
- Option: Inhaling
- Option: Ingesting in food or drink
- Option: Topical application

6. Which of the following is not mentioned as a way to incorporate ginger into your diet?

- Option: Tea
- Option: Salads
- Option: Curries
- Option: Smoothies

### True-False

7. Research has shown that ginger may help protect against cancer.



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8. Ginger can only reduce pain and has no other health benefits.
  9. Gingerol and Shogaol are compounds found in ginger that can help fight cancer cells.
  10. One of the side effects of chemotherapy that ginger can help with is hair loss.
  11. Ginger should only be used in its raw form to be effective for health benefits.
  12. Adding ginger to smoothies is not recommended for health benefits.

### Gap-Fill

13. Ginger may help slow down the growth of cancer cells and make cancer treatments work better. These benefits are attributed to important compounds like gingerol and \_\_\_\_\_.
14. Research has even shown that ginger can help with some side effects of chemotherapy, like nausea and \_\_\_\_\_.
15. Besides cancer, ginger is good for other health problems. It can reduce stomach pain, help with digestion, and lower blood sugar levels. You can add ginger to tea, curries, or \_\_\_\_\_ for a tasty flavor and health benefits!
16. Now, research shows ginger may help protect against \_\_\_\_\_.
17. People have used ginger to reduce pain and swelling for a long time. Ginger is derived from the plant known as Zingiber \_\_\_\_\_.
18. Many studies show ginger might fight \_\_\_\_\_.

### Answer

**Multiple Choice:** 1. Ginger 2. Gingerol and Shogaol 3. Aiding digestion 4. Reducing nausea and vomiting 5. Ingesting in food or drink 6. Salads

**True-False:** 7. True 8. False 9. True 10. False 11. False 12. False

**Gap-Fill:** 13. Shogaol 14. vomiting 15. smoothies 16. cancer 17. officinale



## Vocabulary quizzes

### Multiple Choice ( Select the Correct answer for each question. )

1. Which of the following activities is essential for maintaining physical fitness and overall health?  
Option: Watching TV  
Option: Eating fast food  
Option: Regular exercise  
Option: Sleeping all day
2. What do we call the substances found in food that are essential for growth energy production and overall health?  
Option: Harmful elements  
Option: Empty calories  
Option: Nutrients  
Option: Toxins
3. A health condition lasting for a long period or constantly recurring is known as:  
Option: Acute  
Option: Chronic  
Option: Temporary  
Option: Sporadic
4. Inflammation often leads to which common visible symptom?  
Option: Fever  
Option: Swelling  
Option: Fatigue  
Option: Hunger
5. What term describes the process of controlling or maintaining a specific condition within a certain range?  
Option: Accelerate  
Option: Regulate  
Option: Disrupt  
Option: Ignore
6. Which substance derived from food provides the power to perform physical or mental activities?  
Option: Oxygen  
Option: Fiber  
Option: Protein



Option: Energy

7. The initiation or starting of a process or function is known as:

- Option: Deactivation
- Option: Inactive state
- Option: Activation
- Option: Reactivity

8. Which method is commonly used to collect data by asking questions to a group of people for statistical analysis?

- Option: Laboratory tests
- Option: Surveys
- Option: Guesswork
- Option: Intuition

9. The way in which a person or animal acts or conducts oneself especially in response to a particular situation is referred to as:

- Option: Attitude
- Option: Behavior
- Option: Appearance
- Option: Reaction

10. Substances formed by the union of two or more elements are called:

- Option: Elements
- Option: Compounds
- Option: Mixtures
- Option: Solutions

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ are a unit of energy used to indicate the amount of energy that foods will produce in the human body.

12. \_\_\_\_\_ are conducted to gather information and insights from a target audience to make informed decisions.

13. Showing \_\_\_\_\_ towards others involves understanding sharing and being sensitive to their emotions and experiences.

14. Plants contain various \_\_\_\_\_ compounds that have healing properties and are used



in traditional medicine.

15. Regular exercise helps keep the body \_\_\_\_\_ and improves overall health and well-being.

16. Understanding the factors that influence human \_\_\_\_\_ allows for better prediction and management of actions.

17. Eating a balanced diet ensures that the body has enough \_\_\_\_\_ to perform daily activities.

18. Consuming foods rich in \_\_\_\_\_ can aid digestion and help prevent constipation.

19. Feeling \_\_\_\_\_ can be a sign of physical or mental exhaustion and may indicate the need for rest.

20. \_\_\_\_\_ play a crucial role in building and repairing tissues supporting immune function and as a source of energy.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Plants release during photosynthesis which is essential for the survival of most living organisms.
22. is a form of programmed cell death that is regulated differently from apoptosis.
23. The condition of being grossly overweight or having an excessive amount of body fat is referred to as .
24. Systematic is conducted to discover new knowledge validate existing theories or solve practical problems.
25. Medical treatment involving the use of chemical agents to destroy cancer cells is known as .
26. The process by which the body breaks down food into smaller components for absorption and energy production is called .



27. is the body's response to injury or infection characterized by redness swelling heat and pain.
28. functions include perception memory thinking and awareness.
29. A illness or condition is one that persists over a long period or tends to recur.
30. are substances made up of two or more elements that are chemically bonded together.

## Answer

**Multiple Choice:** 1. Regular exercise 2. Nutrients 3. Chronic 4. Swelling 5. Regulate 6. Energy 7. Activation 8. Surveys 9. Behavior 10. Compounds

**Gap-Fill:** 11. Calories 12. Surveys 13. Empathy 14. Medicinal 15. Fit 16. Behaviour 17. Energy 18. Fiber 19. Tired 20. Proteins

**Matching sentence:** 1. Oxygen 2. Necroptosis 3. Obesity 4. Research 5. Chemotherapy 6. Digestion 7. Inflammation 8. Cognitive 9. Chronic 10. Compounds

## CATEGORY

1. Health - LEVEL1

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