

## HAVE YOU GOTTEN THE MESSAGE ON CHOLESTEROL?

Name \_\_\_\_\_ Period \_\_\_\_ Assign #

Do you know what your cholesterol level is? Even more basic, how far have you come in your own understanding of cholesterol and its relationship to diet and heart disease?

Directions: Answer the following questions to give you a measure of your knowledge.

1. Saturated fat is found only in animal products.  
True\_\_\_\_\_ False\_\_\_\_\_
2. Cholesterol is found only in animal products.  
True\_\_\_\_\_ False\_\_\_\_\_
3. What you eat can raise or lower your blood cholesterol.  
True\_\_\_\_\_ False\_\_\_\_\_
4. Losing excess weight will help to lower cholesterol.  
True\_\_\_\_\_ False\_\_\_\_\_
5. While lowering blood cholesterol is important in decreasing the risk of heart disease, other risk factors also play a role.  
True\_\_\_\_\_ False\_\_\_\_\_
6. Exercise can help to lower the concentration of cholesterol in the blood.  
True\_\_\_\_\_ False\_\_\_\_\_
7. Saturated fats have more calories than monounsaturated and polyunsaturated fats.  
True\_\_\_\_\_ False\_\_\_\_\_
8. Replacing saturated fat with unsaturated fat in the diet will help to lower cholesterol.  
True\_\_\_\_\_ False\_\_\_\_\_
9. Excess cholesterol can accumulate in the arteries and block blood circulation.  
True\_\_\_\_\_ False\_\_\_\_\_
10. People whose blood cholesterol level is above 200 are at an increased risk for developing cancer.  
True\_\_\_\_\_ False\_\_\_\_\_