



American Heart Association.

KIDS HEART CHALLENGE | **AMERICAN HEART CHALLENGE**



CHOLESTEROL TRIVIA!

- Cholesterol is _____.**
 - a) another name for salt
 - b) a fat found in blood
 - c) a sugar found in foods
 - d) a sugar found in blood
- The official names of the two types of cholesterol are _____ & _____.**
 - a) food based & liver made
 - b) LDL & HDL
 - c) healthy & unhealthy
 - d) solid & liquids
- Which of these statements about where cholesterol comes from is TRUE?**
 - a) Cholesterol is only made by the liver
 - b) Cholesterol is made by the liver and is in the foods we eat
 - c) Cholesterol is only made by the stomach
 - d) Cholesterol is only found in foods like meat, eggs and cheese
- Which organ makes your cholesterol?**
 - a) kidney
 - b) heart
 - c) liver
 - d) stomach
- What foods have NO cholesterol? (check all that apply)**
 - a) fruits
 - b) vegetables
 - c) grains
 - d) cheeseburgers
- Can you live without cholesterol?**
 - a) Yes, because it is bad for you
 - b) No, you need it to live
- What foods have Lousy Cholesterol? (check all that apply)**
 - a) sausage
 - b) apple
 - c) oats
 - d) cheese
- What is the term used to remember H in HDL?**
 - a) healthy
 - b) hearty
 - c) human
 - d) hero
- What are two ways to reduce our cholesterol?**
 - a) exercise
 - b) travel
 - c) read more books
 - d) eat more fruits & veggies



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Life's Essential 8™

→ for kids



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HEART | **HEART**
CHALLENGE™ | **CHALLENGE™**



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