1. 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

2. The official names of the two types of cholesterol are ____________ & ____________ .
   a) food based & liver made  b) LDL & HDL  c) healthy & unhealthy  d) solid & liquids

3. 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

4. Which organ makes your cholesterol?
   a) kidney  b) heart  c) liver  d) stomach

5. What foods have NO cholesterol? (check all that apply)
   a) fruits  b) vegetables  c) grains  d) cheeseburgers

6. Can you live without cholesterol?
   a) Yes, because it is bad for you  b) No, you need it to live

7. What foods have Lousy Cholesterol? (check all that apply)
   a) sausage  b) apple  c) oats  d) cheese

8. What is the term used to remember H in HDL?
   a) healthy  b) hearty  c) human  d) hero

9. What are two ways to reduce our cholesterol?
   a) exercise  b) travel  c) read more books  d) eat more fruits & veggies
CHOLESTEROL TRIVIA!

ANSWER KEY:

1. 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

2. The official names of the two types of cholesterol are ____________________ & ____________________ .
   a) food based & liver made b) LDL & HDL c) healthy & unhealthy d) solid & liquids

3. 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

4. Which organ makes your cholesterol?
   a) kidney b) heart c) liver d) stomach

5. What foods have NO cholesterol? (check all that apply)
   a) fruits b) vegetables c) grains d) cheeseburgers

6. Can you live without cholesterol?
   a) Yes, because it is bad for you b) No, you need it to live

7. What foods have Lousy Cholesterol? (check all that apply)
   a) sausage b) apple c) oats d) cheese

8. What is the term used to remember H in HDL?
   a) healthy b) hearty c) human d) hero

9. What are two ways to reduce our cholesterol?
   a) exercise b) travel c) read more books d) eat more fruits & veggies