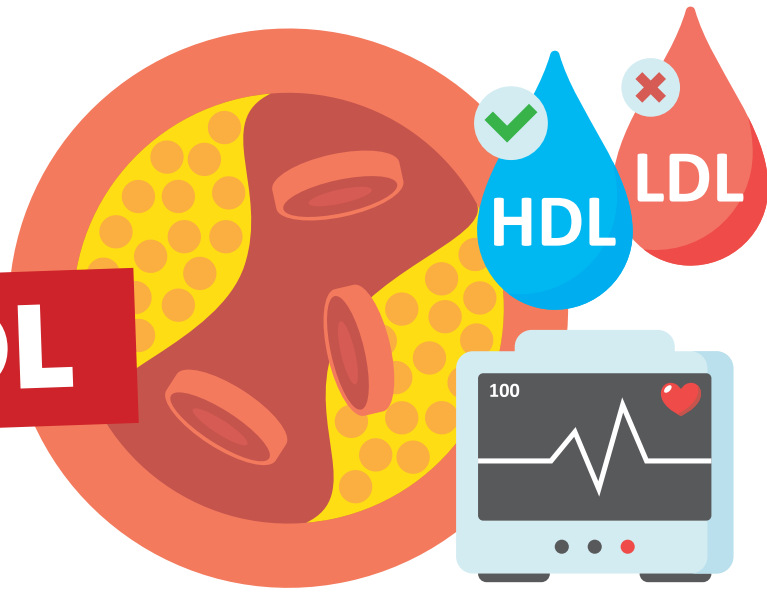


# CHOLESTEROL TRIVIA!

- 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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## ANSWER KEY:

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