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| **STEPS TO WELLNESS**  Review Questions  Lesson Six – America’s Top Two Killers | | | |
| T | F | (True or False) | |
|  |  | 1. | Heart disease develops silently over the years, with very few warning signs. |
|  |  | 2. | Cholesterol is found only in animal food. |
|  |  | 3. | The amount of saturated fat in the diet has no direct relationship to cancer levels. |
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| Multiple Choice Questions  *Indicate your answers by checking the letter you think is most correct* | | | |
| 4. | Americans get the majority of their cholesterol from: | | |
|  | A. | High fat plant food like coconut and nuts. | |
|  | B. | Commercially baked goods and cooking fats. | |
|  | C. | Meat and eggs. | |
|  | D. | None of the above. | |
|  |  |  |  |
| 5. | Foods that best prevent heart disease and cancer are: | | |
|  | A. | High fiber foods like beans and apples. | |
|  | B. | Vitamin rich vegetables like greens, carrots and broccoli. | |
|  | C. | Whole grains, nuts and seeds. | |
|  | D. | All of the above | |
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