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| **STEPS TO WELLNESS**Review QuestionsLesson 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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