

## Quiz for Module 2 : Fats

Name \_\_\_\_\_

Date \_\_\_\_\_

1. Saturated fat is:

1. Solid at room temperature
2. Liquid at room temperature

2. Omega 3 oils tend to:

1. Reduce inflammation
2. Increase inflammation

3. Big food processing companies tend to use more:

1. Omega 6 oils
2. Omega 3 oils

4. Omega 6 oils tend to:

1. Reduce inflammation
2. Increase inflammation

5. It is best to cook under high heat with:

1. Saturated fat
2. Unsaturated fat

6. Fats should not be avoided as they tend to allow more efficiency and easier weight gain.

1. True
2. False

7. Nuts are an excellent source of fats and should be included in your daily diet.

1. True
2. False

8. Cholesterol is largely made in the liver. Statin drugs function to encourage the liver not to make cholesterol?

1. True
2. False

9. The real culprit behind sticky arteries is:
1. Too much fat
  2. Excess sugar consumption

Answers listed below.

#### Answers

1. 1
2. 1
3. 1
4. 2
5. 1
6. 1
7. 1
8. 1
9. 2