



# Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** \_\_\_\_\_ is the force of blood pushing against the walls of the arteries as the heart pumps blood.

  - a. Cholesterol
  - b. Diabetes
  - c. **Blood pressure**
  
- 2** The study of circadian rhythms is called chronobiology.

**True**     False
  
- 3** Never allow meat, poultry, seafood, eggs, or produce or other foods that require refrigeration to sit at room temperature for more than four hours.

True     **False—Never allow meat, poultry, seafood, eggs, or produce or other foods that require refrigeration to sit at room temperature for more than two hours.**
  
- 4** High blood cholesterol itself does not cause \_\_\_\_\_, so many people are unaware that their cholesterol level is too high.

  - a. problems
  - b. **symptoms**
  - c. a reason to be alarmed
  
- 5** You can have high blood pressure (HBP) for years without knowing it. During this time, though, HBP can damage your:

  - a. heart
  - b. blood vessels
  - c. kidneys
  - d. **all of the above**
  - e. none of the above
  
- 6** \_\_\_\_\_ is the main cue influencing circadian rhythms, turning on or turning off genes that control an organism's internal clocks.

  - a. **Light**
  - b. Darkness
  - c. Sleep
  
- 7** Food can make you very sick even when it doesn't look, smell, or taste spoiled.

**True**     False
  
- 8** Everyone age 30 and older should have their cholesterol measured at least once every 5 years.

True     **False—Everyone age 20 and older should have their cholesterol measured at least once every 5 years.**