

**HEART HEALTH FOR
CHILDREN
2.0 HR**

Name _____ Phone _____

Address _____ City _____ Zip _____

ILLINOIS CHILD CARE BUREAU

Provider Signature

Date Completed

TRUE OR FALSE

1. The leading cause of death in the U.S. is from cardiovascular diseases. T F
2. What is one of the risk factors for heart disease? _____
3. List the two types of cholesterol found in the blood. _____
4. HDL cholesterol protects against heart disease. T F
5. _____ helps to increase HDL good cholesterol levels in the blood.
6. High levels of LDL cholesterol in the blood contribute to heart disease. T F
7. Saturated fats are healthy fats and we should eat plenty of them. T F
8. The amount of trans fats in foods are not required to be listed on Nutrition Facts Labels. T F
9. Trans fats are vegetable oils that have been hydrogenated which makes them solid at room temperature. T F
10. If the following terms are listed as an ingredient in a food, it will contain trans fats:
 - a) partially hydrogenated vegetable oil
 - b) hydrogenated vegetable oil
 - c) shortening
 - d) all of the above
11. List a food that is high in monounsaturated fat that you will add to your diet. _____
12. List a food that is high in trans fats that you will eat less of in your diet. _____
13. Heart disease has been proven to begin in childhood. T F
14. Children less than 2 years old should not be restricted in their fat intake. T F
15. If an adult or child eats about 2000 calories per day, no more than 20g of a combined total of saturated fat and trans fats should be eaten. T F
16. One cup of ice cream contains 10g of saturated fat. T F
17. The fat in chicken is mostly found in the skin. T F
18. Tub margarines that are very soft contain a high amount of trans fats. T F
19. It is recommended that most school aged children drink whole milk. T F
20. Helping children to make nutritious food choices should lead to a healthier diet in adulthood. T F