

Cardiac Rehab

Heart Knowledge Quiz

Name _____

Date _____

Multiple Choice Questions: Please choose only one answer for questions 1-10

- 1. Which of the following foods are high in trans-fatty acids?**
 - a. Corn chips, crackers and pastries
 - b. Fruits and vegetables
 - c. Peas, beans and nuts
 - d. Olive oil, canola oil and fatty fish

- 2. Which of the following foods are high in saturated fat?**
 - a. Wild game, low fat milk and yogurt
 - b. Fatty fish, walnuts and green leafy vegetables
 - c. Poultry skin, full fat milk products and tropical oils
 - d. Canola oil, flaxseeds and olive oil
 - e. All of the above

- 3. Which of the following is known as “good cholesterol?”**
 - a. LDL
 - b. HDL
 - c. Triglycerides
 - d. Total cholesterol

- 4. According to the latest national guidelines, normal, or optimal blood pressure is define as:**
 - a. Anything less than 90 diastolic (bottom number)
 - b. Less than 120 systolic (top number) AND less than 80 diastolic (bottom number)
 - c. 120 – 130 systolic (top number) over 80 – 90 diastolic (bottom number)
 - d. Any over 90 systolic (top number) and 60 diastolic (bottom number)

- 5. Hypertension may be controlled by the use of medications, but it can also be improved by:**
 - a. Weight loss
 - b. Exercise
 - c. Low sodium (salt) diet
 - d. All of the above

- 6. What is a desirable total cholesterol level?**
 - a. 200 – 239
 - b. Less than 200
 - c. Greater than 240
 - d. None of the above

- 7. Signs of stress include:**
 - a. Feeling happy and joyful
 - b. Intense chest pain radiating down your left arm
 - c. Insomnia, feeling helpless, and neck and shoulder “tightness”
 - d. All of the above

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8. Research has shown that people who exercise ___ days per week are far less likely to suffer sudden cardiac death.
- 2
 - 3
 - 5
 - None of the above
9. In order to achieve a long-lasting weight loss, how quickly should you lose weight?
- As quickly as possible
 - No more than one pound per day
 - ½ to 2 pounds per week
 - 3 – 4 pounds per week
10. Which of the following is the correct way to use nitroglycerin for chest pain?
- One tablet or spray every three minutes, up to five times; then drive yourself to the ER
 - Take as many tablets or sprays as necessary to relieve pain; if the pain persists, it is probably not your heart
 - Take up to three tablets or spray, give minutes apart; call 911 if the pain is not completely relieved
 - Take one tablet or spray and call the Heart Clinic

True / False Questions: Circle “T” for true or “F” for false next to each statement for questions 11-19

- | | | |
|---|---|--|
| T | F | 11. All fat should be completely eliminated from the diet. |
| T | F | 12. During the last 20 years, Americans have gained weight despite a decreased fat intake. |
| T | F | 13. Eating 100 calories more than you need to every day will result in weight gain of ten pounds per year. |
| T | F | 14. Your body produces cholesterol on its own. |
| T | F | 15. Stress will raise you blood pressure and heart rate, increasing your risk of a heart attack. |
| T | F | 16. Two benefits of exercise include improved efficiency of the heart and increases in strength. |
| T | F | 17. With daily activities, it is important to push yourself until you cannot go any longer. |
| T | F | 18. An adequate warm-up for exercise is vitally important because it slowly increases the body temperature and increases the blood flow to the muscles |
| T | F | 19. Heart disease can be “cured.” |

Matching Question: Match the correct definition/descriptions on the right with the appropriate terms corresponding letter on the left.

20. Match the following types of fat with their description and their effect on your heart’s health:
- | | | |
|--------------------------------|---|--|
| a. Trans fat | — | Good fat (found in olive oil, avocados and most nuts; a health source of fat) |
| b. Monounsaturated fat | — | Neutral (found in corn, cottonseed and soybean oils; limit consumption in favor of healthier choices) |
| c. Polyunsaturated Omega-6 fat | — | Bad (found in animal products; a little is okay but try to limit this type of fat) |
| d. Polyunsaturated Omega-3 fat | — | Very good (found in fatty fish, canola oil and flaxseeds; reduces your risk of cardiac death and stroke) |
| e. Saturated fat | — | The worst (found in processed foods that contains hydrogenated oils; eliminated man-made fat from your diet) |