

*Module 5, Lesson 4 Quiz:*

**Cholesterol & Thyroid Connection**

1. True or False. Eating foods that have cholesterol is linked to raising serum cholesterol found in blood tests.
  - a. True
  - b. False**
  
2. Which foods are linked to raising serum cholesterol levels?
  - a. Trans fats
  - b. Saturated fats
  - c. Hydrogenated oils
  - d. All of the above**
  
3. Cholesterol is important in our bodies. It plays a very big role in:
  - a. The formation of hormones**
  - b. The formation of enzymes
  - c. Cardioprotection
  - d. Fetal development
  
4. There is a strong correlation between the thyroid and heart disease. Research finds that thyroid levels that are \_\_\_\_\_ are linked to \_\_\_\_\_ plaque in the arteries.
  - a. High, increased
  - b. Low, increased**
  - c. High, decreased
  - d. Low, decreased