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

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