Coronary heart disease

1) Explain the term coronary heart disease.

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2) What is a heart attack?

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3) What are the deposits on blood vessel walls made up of?

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4) True or false? Coronary heart disease is the most common cause of premature death in the United Kingdom.

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5) List 10 risk factors for coronary heart disease.

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6) How can the amount of cholesterol in the diet be reduced?

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7) List 5 risk factors for people who may develop high blood pressure.

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8) Explain how the distribution of fat in the body affects coronary heart disease risk.

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9) Explain the impact of a diet high in soluble dietary fibre on cholesterol levels.

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10) Which type of fatty acid should be eaten in smaller amounts?

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