

# BOSS: FAT FLAMESA

## FIRE FRIES

40 POINTS

- 1) What is a fat that is solid at room temperature and will increase your bad cholesterol?
  - A. Polyunsaturated fat
  - B. Monounsaturated fat
  - C. Saturated fat
  - D. Dietary Cholesterol
- 2) What is a fat that is liquid at room temperature and can decrease your cholesterol while providing healthy Omega-6 and Omega-3 fats?
  - A. Polyunsaturated fat
  - B. Trans fat
  - C. Saturated fat
  - D. Dietary Cholesterol
- 3) Which would be the healthiest way to prepare chicken so that it had the least amount of unhealthy fats possible?
  - A. Deep-fried and topped with butter
  - B. Deep-fried and topped with bacon
  - C. Grilled
  - D. Deep-fried and topped with ranch dressing
- 4) Which of the following foods provides a healthy source of monounsaturated fats?
  - A. Nachos
  - B. Bacon
  - C. Cheese
  - D. Avocados
- 5) How many grams of saturated fat does Fire Fries have?
  - A. 30mg
  - B. 45g
  - C. 11g
  - D. 12g
- 6) How many calories does Fire Fries have in one serving?
  - A. 429
  - B. 629
  - C. 829
  - D. 1029
- 7) How many grams of Trans Fat does Fire Fries have?
  - A. 1g
  - B. 2g
  - C. 3g
  - D. 4g
- 8) How many grams of Total fat does Fire Fries have?
  - A. 11g
  - B. 45g
  - C. 12g
  - D. 33g

