Week 7 assignment

You can use this document to revise and consolidate your understanding of the course material. You can also use this document to prepare for your weekly assignment.

Due on: 2020-10-20, 22:00 GMT

1. What is the effect of a high blood pressure on the heart? (Choose all that apply)

2. How does nicotine affect the cardiovascular system?

3. What is the relationship between smoking and heart disease?

4. How does long-term alcohol consumption affect the brain?

5. What is the significance of the human heart's electrical system?

6. How does exercise help maintain a healthy heart?

7. What are the benefits of maintaining a healthy body weight?

8. What are the risks associated with obesity?

9. How does obesity affect the cardiovascular system?

10. What is the role of regular physical activity in preventing heart disease?

11. How does stress impact the cardiovascular system?

12. What are the benefits of stress management techniques?

13. What is the relationship between diet and heart health?

14. How does a healthy diet contribute to a healthy heart?

15. What are the risks associated with processed foods and heart disease?

16. How does a balanced diet help maintain a healthy heart?

17. What are the benefits of consuming fresh fruits and vegetables?

18. How does avoiding processed and high-sodium foods benefit heart health?

19. How does excess sodium contribute to heart disease?

20. What are the benefits of consuming whole grains?

21. How does excessive sugar intake affect the cardiovascular system?

22. What are the risks associated with high sugar consumption and heart disease?

23. How does limiting sugar intake benefit heart health?

24. What are the benefits of consuming omega-3 fatty acids?

25. How does consuming omega-3 fatty acids contribute to a healthy heart?

26. What are the risks associated with omega-3 fatty acid deficiency?

27. How does consuming omega-3 fatty acids benefit heart health?

28. What are the benefits of consuming lean protein sources?

29. How does consuming lean protein sources contribute to a healthy heart?

30. What are the risks associated with consuming high-fat protein sources?

31. How does consuming lean protein sources benefit heart health?

32. What are the benefits of consuming unsaturated fats?

33. How does consuming unsaturated fats contribute to a healthy heart?

34. What are the risks associated with consuming saturated fats?

35. How does consuming unsaturated fats benefit heart health?

36. What are the benefits of consuming fiber-rich foods?

37. How does consuming fiber-rich foods contribute to a healthy heart?

38. What are the risks associated with fiber deficiency?

39. How does consuming fiber-rich foods benefit heart health?

40. What are the benefits of consuming foods rich in antioxidants?

41. How does consuming foods rich in antioxidants contribute to a healthy heart?

42. What are the risks associated with consuming foods high in antioxidants?

43. How does consuming foods rich in antioxidants benefit heart health?

44. What are the benefits of consuming foods rich in vitamin E?

45. How does consuming foods rich in vitamin E contribute to a healthy heart?

46. What are the risks associated with consuming foods high in vitamin E?

47. How does consuming foods rich in vitamin E benefit heart health?

48. What are the benefits of consuming foods rich in vitamin C?

49. How does consuming foods rich in vitamin C contribute to a healthy heart?

50. What are the risks associated with consuming foods high in vitamin C?

51. How does consuming foods rich in vitamin C benefit heart health?