

1. Which of the following essential fatty acids (EFAs) tends to encourage inflammation?
 - a. omega-3
 - b. omega-6
 - c. cholesterol
 - d. vitamin D
2. Which of the following essential fatty acids (EFAs) tends to soothe inflammation?
 - a. omega-3
 - b. omega-6
 - c. cholesterol
 - d. vitamin D
3. Which of the following contain Omega-3 fatty acids?
 - a. Brains
 - b. Fish
 - c. nuts and flax seed
 - d. All of the above
4. _____ are found in infected brains and encourage misfolding of proteins.
 - a. Codons
 - b. Calculi
 - c. Prions
 - d. Covids
5. Brains contain a high amount of _____.
 - a. Cholesterol
 - b. Carbohydrate
 - c. Electrolytes
 - d. iron
6. In general, what is your level of interest in zombie-themed movies, shows, merchandise, etc.?
 - a. not interested
 - b. somewhat interested
 - c. moderately interested
 - d. very interested
 - e. extremely interested
7. What is your level of interest in nutrition?
 - a. not interested
 - b. somewhat interested
 - c. moderately interested
 - d. very interested
 - e. extremely interested
8. Prior to today, have you ever received instruction in or studied the topic of “essential fatty acids?”
 - a. Yes
 - b. No
9. How old are you?

10. By credits, what year are you in college?
 - a. Freshman
 - b. Sophomore
 - c. Junior
 - d. Senior
11. Are you a first-generation college student? (i.e., neither of your parents has completed a four-year degree)
 - a. Yes
 - b. No
12. What is your major?
13. Is this your first college degree?
 - a. Yes
 - b. No
14. Do you intend to pursue a graduate degree (i.e., master's or higher)?
 - a. Yes
 - b. No
15. What is your gender? (not required)
16. What is your social race? (not required)