**ROUND #1 TABLE #:\_\_\_\_\_\_\_\_**

**What was BUNCO originally called?**

1. **Banca**
2. **Dice Cloth**
3. **Hot Dice**

**Blueberries are full of antioxidants, fiber and what other benefit?**

1. **Vitamin A**
2. **Help to prevent Alzheimer Disease**
3. **Help to reduce wrinkles**

**Why is fiber so important for your health?**

1. **Reduces cholesterol**
2. **Reduces belly fat**
3. **Helps avoid “bathroom” issues**

**How many women’s lives are claimed each year by heart disease?**

1. **275,000**
2. **650,000**
3. **800,000**

**If you want to maintain healthy blood pressure, which three things should be used in moderation?**

1. **Alcohol, cheese, eggs**
2. **Potassium, pickles, canned products**
3. **Alcohol, chocolate and Bunco**

**ROUND #2 TABLE #:\_\_\_\_\_\_\_\_**

**What country was BUNCO first played in?**

1. **United States**
2. **England**
3. **China**

**How many grams of fiber is suggested daily to help reduce heart disease?**

1. **25-35**
2. **5-10**
3. **15-25**

**Potassium is an essential nutrient to help your cells work efficiently and maintain normal blood pressure..which of these offers the highest source of potassium (per avg. serving)?**

1. **Dried Apricots**
2. **White Beans**
3. **Salmon**

**Can you die from a broken heart?**

 **YES NO**

**Having a good sense of humor and laughing can pump what % of your blood to your heart?**

1. **20%**
2. **40%**
3. **30%**

**ROUND #3 TABLE #:\_\_\_\_\_\_\_\_**

**In what year was BUNCO first introduced in the United States?**

1. **1810**
2. **1855**
3. **1901**

**What are the most common signs of a heart attack in women?**

1. **Light headedness and shortness of breath**
2. **Shooting pain in arm and headache**
3. **Depression and sleepiness**

**Heredity affects heart disease, but what affects a heart more?**

1. **Where you live**
2. **Exercise**
3. **Vitamin deficiencies**

**Which of these are contributing factors to potential heart disease?**

1. **Snoring**
2. **Poor dental hygiene**
3. **No risk factors**

**Eating this (with some restraint) reduces your risk for a heart attack.**

1. **Toffee candy**
2. **Peanut butter cookie**
3. **Dark Chocolate**

**ROUND #4 TABLE #:\_\_\_\_\_\_\_\_**

**What does the term BUNCO SQUAD mean?**

1. **A close group of MPWC women that play**
2. **Law enforcement officers that bust Bunco groups**
3. **Husbands of Bunco groups that are left at home**

**What is one of the top rated heart healthy snacks?**

1. **Guacamole**
2. **Almonds**
3. **Carrots**

**If you have a heart attack, you have heart disease.**

**TRUE FALSE**

**The most common heart disease in America is?**

1. **Coronary Heart disease**
2. **Atrial fibrillation**
3. **Mitral Valve Prolapse**
4. **Arrhythmias**

**Bunco is also known among some social circles as?**

1. **Drunko (college kids)**
2. **Buncolator (itune app)**
3. **Bunco Blast (Facebook)**