



## My Bone Zone Action Plan

One thing I will share with my family is:

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The calcium-rich food I like best is:

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My favourite bone-strengthening physical activity is:

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Two things I will do this week to help my growing bones are:

1. 

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2. 

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## The Bone Bank

How's the balance in your Bone Bank account?

The customers at the Bone Bank make "deposits" of calcium to help make sure they have healthy and strong bones.

Before you watch, make a list of what you know about the effects of not getting enough calcium in the top box below.

As you watch, make a list of new facts that you learned in the bottom box below. After watching, share your answers with the class.

<b>I know that not getting enough calcium can cause:</b>
<b>What I learned about not getting enough calcium:</b>

### The Big Picture

Write down the most important thing you learned here:

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## Skeletons in the Closet

The "Skeletons in the Closet" game show host will test the contestants' knowledge of bones, the effects of diet and nutrition on bones, and the role of physical activity in building strong bones.

Make a list of foods you think have lots of calcium on the left column.

After watching, add any new foods to the list in the right column.

Make sure you cross out any foods that you learned are not high in calcium!

Foods I <i>think</i> have lots of calcium	Foods I <i>learned</i> have lots of calcium

### The Big Picture

Write down the most important thing you learned here:



## Bone Building Olympics

In this episode, we will watch the contestants race to get the most calcium out of one day's meals and snacks. Before watching, read this page. Fill in the answers while you watch.

Three foods that contain calcium:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Teenage years are the prime bone building years. TRUE or FALSE

Walking builds bone strength. TRUE or FALSE

You can get calcium from chocolate milk. TRUE or FALSE

A type of nut that contains calcium is: \_\_\_\_\_.

Describe your favourite calcium-rich breakfast:

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### The Big Picture

Write down the most important thing you learned here: