



## Whiz Quiz

Try completing the quiz! Use your notes from watching the episodes to help you answer the questions.

The Bone Bank

Skeletons in the Closet

Bone Building Olympics



## Whiz Quiz

### The Bone Bank

1. The amount of calcium kids and teenagers need to have every day is:  
a. 500 mg      b. 600 mg      c. 700 mg      d. 1300 mg
2. Which food has more calcium per serving:  
a. Ice cream      b. Yogurt
3. Cheese helps prevent cavities:  
a. True      b. False
4. Chocolate milk is a great source of:  
a. Vitamin A      b. Calcium      c. Protein      d. All of these

### Skeletons in the Closet

1. Calcium is necessary for the proper functioning of your:  
a. Heart and blood      b. Nerves and muscles      c. Bone growth      d. All of these
2. The body absorbs calcium better when it also has enough:  
a. Vitamin A      b. Vitamin B      c. Vitamin C      d. Vitamin D
3. Fortified soy beverage is a great source of calcium  
a. True      b. False
4. How much calcium is in a glass of milk:  
a. 1300 mg      b. 75 mg      c. 300 mg      d. There is no calcium in milk



## Whiz Quiz

### Bone Building Olympics

1. Which kinds of physical activity are best for building bones?

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2. Most of your bone is formed by age:

a. 10 years old      b. 20 years old

3. Which has more calcium per serving:

a. Broccoli      b. Cheese      c. Almonds

4. How much calcium do you get in a can of pop:

\_\_\_\_\_ mg of calcium