

Building Stronger Bones With Calcium

Go to: www.eatright.org/Public/NutritionInformation/index_2990.cfm . Read **Calcium Facts**, and answer questions 1-3.

1. Most women get enough calcium in their diets.
 - a. True
 - b. False

2. Calcium is a mineral that keeps your bones and teeth strong. It also:
 - a. makes your skin soft
 - b. makes your hair shiny
 - c. makes your heart beat
 - d. helps you see better

3. Exercise such as running and walking makes your bones
 - a. stronger
 - b. weaker
 - c. smaller
 - d. has no effect on your bones



Go to: www.eatsmart.org . Click on **Games**. Then, click on **Calcium Calculator**. Follow the directions to find out how much calcium you are getting in your diet. Use the Calcium Calculator to help you answer questions 4-6.

4. What is your age? (Age will not be disclosed. It is only used to determine calcium recommendations.)
Age: _____
How much calcium do you need?
a. 1000 mg b. 1200 mg c. 1300 mg d. 2000 mg

5. Did you get enough calcium in your diet yesterday?
a. Yes b. No

What was your calcium intake? _____ mg

6. Name two ways you can get more calcium in your diet. (Hint: The Calcium Calculator calls this "Ideas for Action".)
