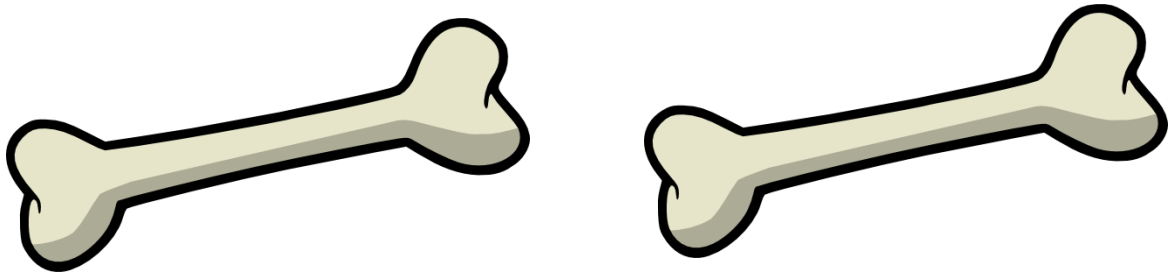


Dem Bones--They Matter!

1. Draw and label a healthy bone and an unhealthy bone in the templates below.



2. Name and describe the disease that affects bone health.

3. TRUE or FALSE: The disease mentioned in question #2 affects only women.

4. TRUE or FALSE: The disease mentioned in question #2 is preventable.

5. Prevention Tip #1

- Eat a _____ rich _____. Include Vitamin _____, also known as the _____ vitamin to help with absorption.
- Aim for _____ daily value of all _____ & _____
- Ages _____ year olds need _____ cups or _____ mg. Daily.
- Functions include:

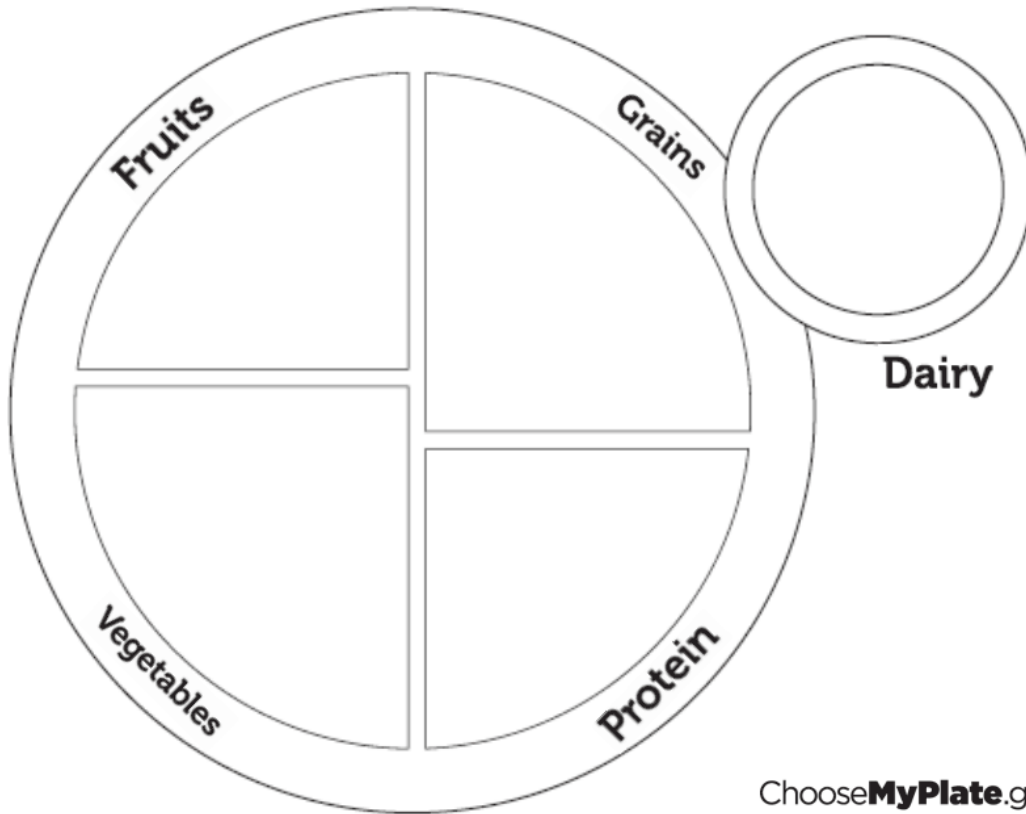
- Why are some foods fortified?

6. How and why is the new food label changing?

What numbers represent low and high percentages?



7. Write the foods listed on the slide in the appropriate food group. In addition, add examples from the video.



8. What is lactose intolerance? What can you do to be sure you get enough calcium?

9. Prevention Tip #2

- Perform _____ exercise regularly.
- Examples include:

10. Behaviors to avoid reducing the risk of osteoporosis include (from the video):



