

Building Strong Bones

Nutritional Activity
Book for Sparks
and Brownies

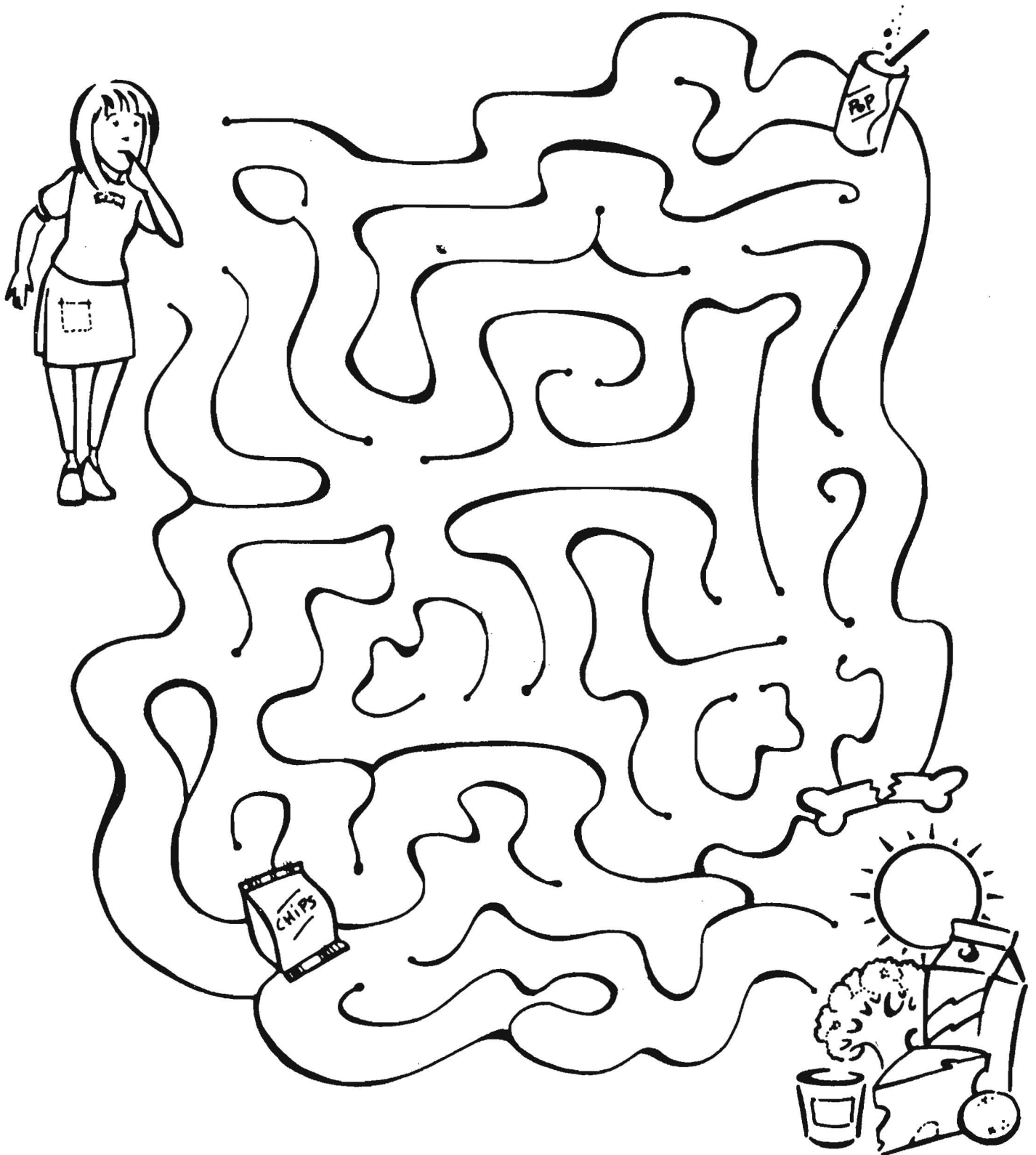




Make sure to eat lots
of veggies with dinner!

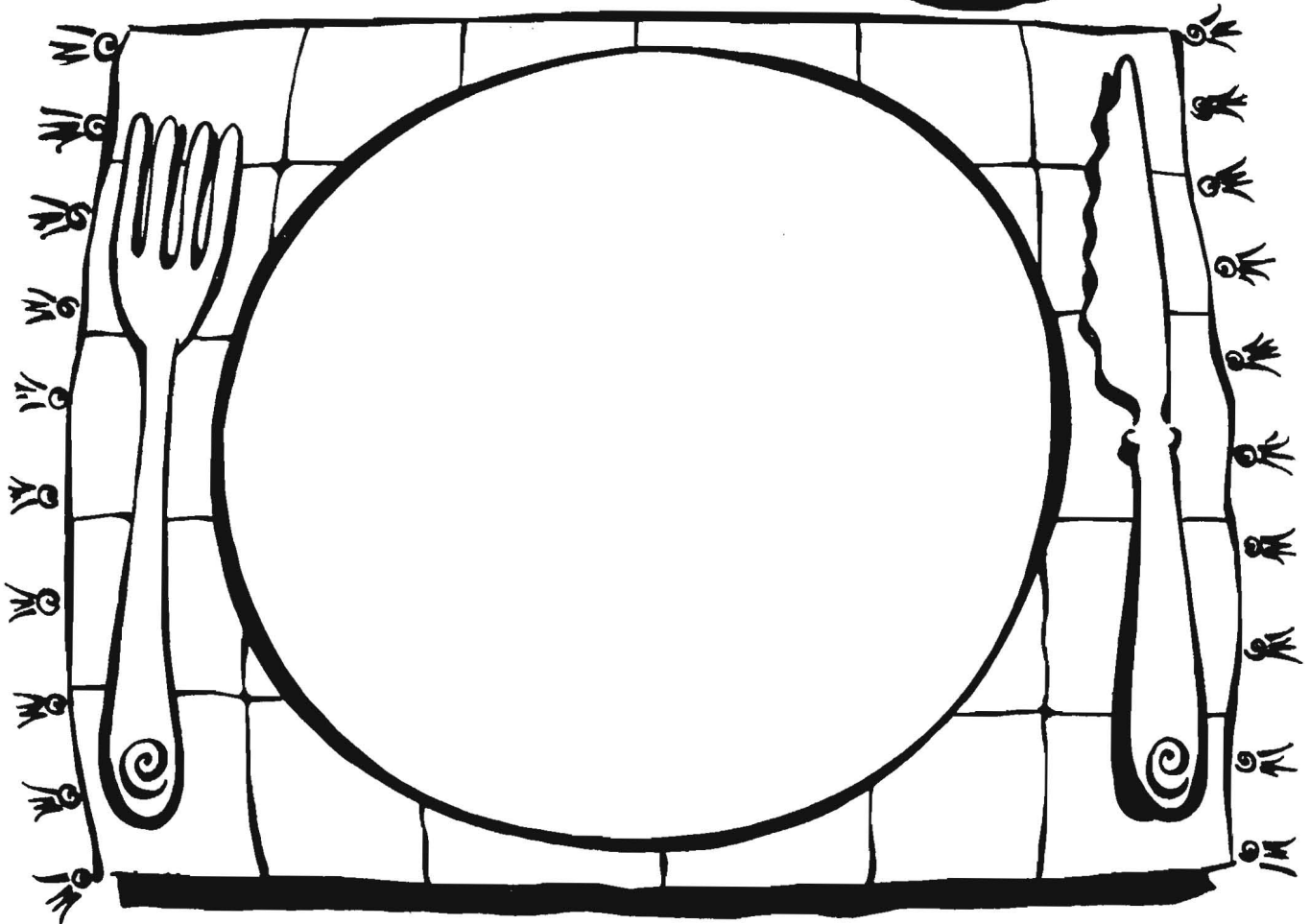
Bone Builder Maze

Help Sasha find her way to the Bone Building food.
But watch out for the Bone Busters!



What's for Dinner?

Draw your favourite healthy meal!

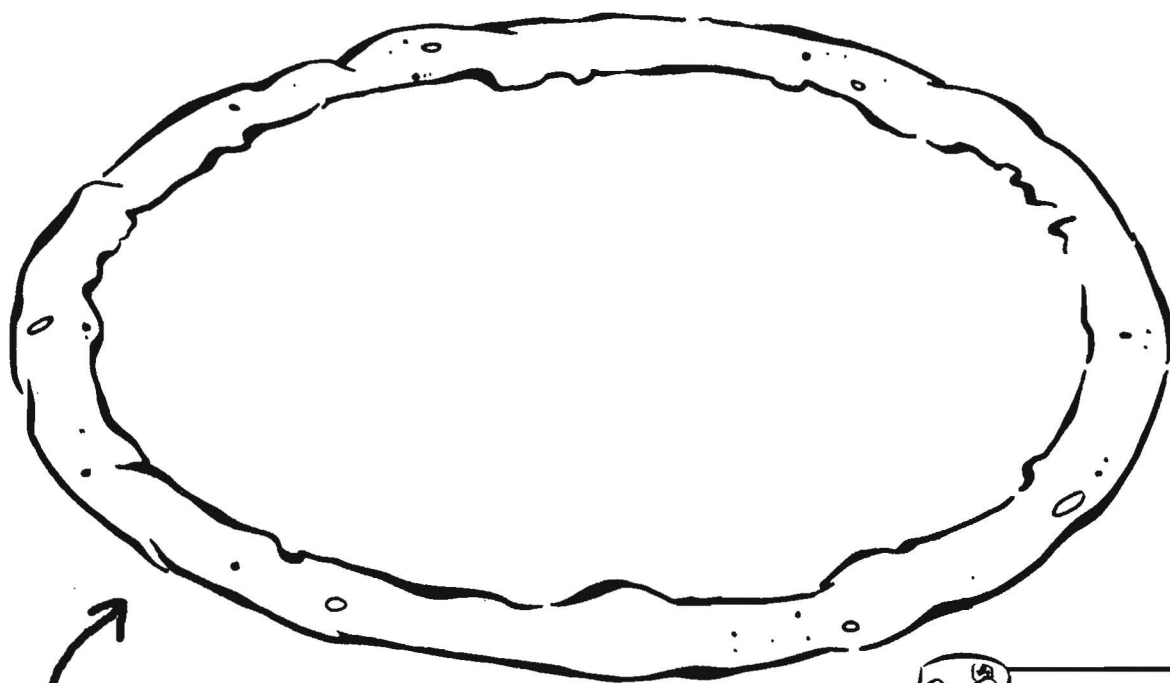
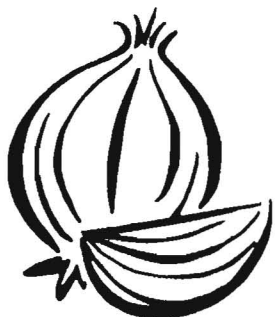
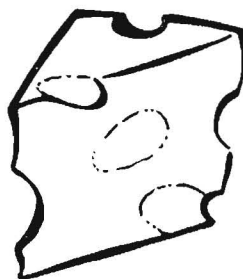


Milk is a great
source of calcium

Slumber Party!



Make a Calcium-Rich Pizza!

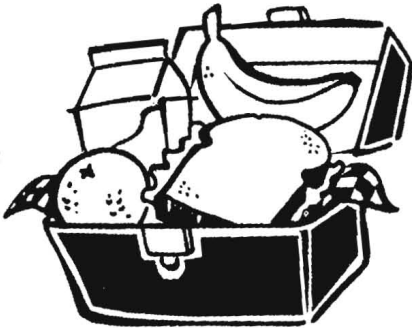
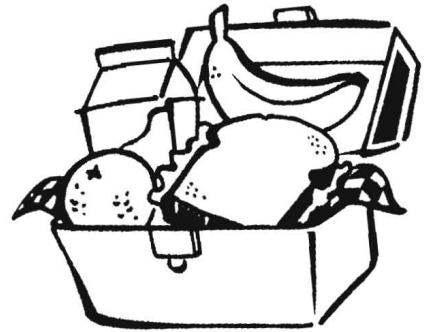


Draw your toppings here!



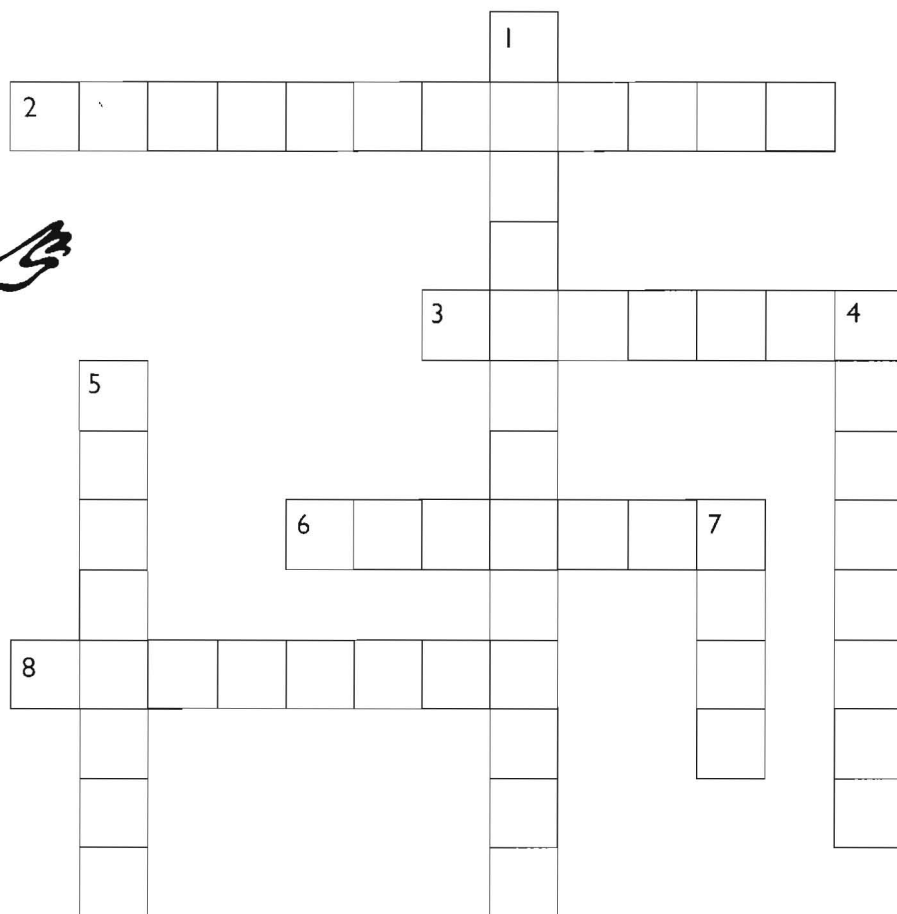
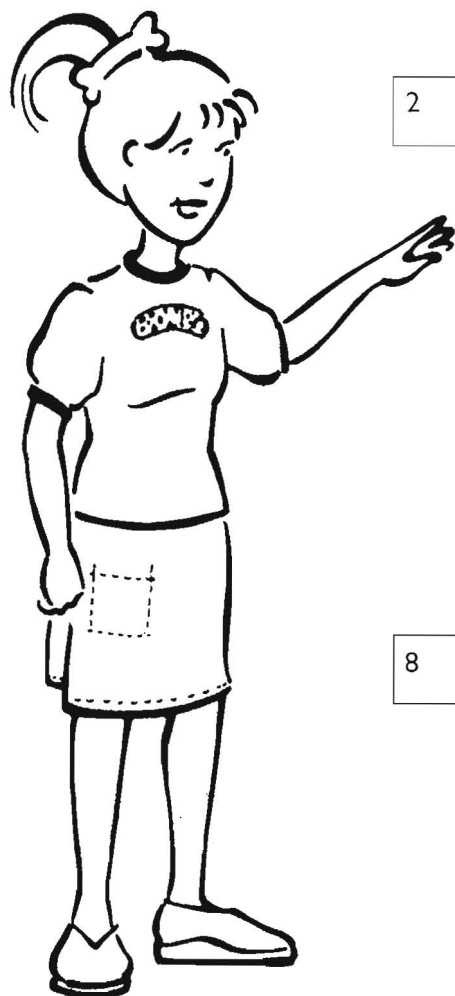
Pizza with lots of veggies is a healthy meal!

Which two lunches are the same?



Answer: 2 and 7

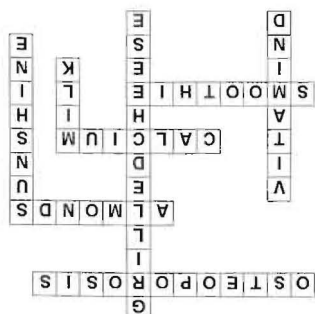
Strong Bones Crossword



Across

- 2 a disease that makes bones weak
- 3 a nutty calcium-rich snack
- 6 a nutrient that helps your body build strong bones
- 8 a delicious mixed calcium treat

Answers



Down

- 1 a calcium-rich lunch food
- 4 a source of vitamin D
- 5 helps your body absorb calcium
- 7 helps keep teeth and bones strong

Create Your Own Special Smoothie!

Basic Smoothie Recipe

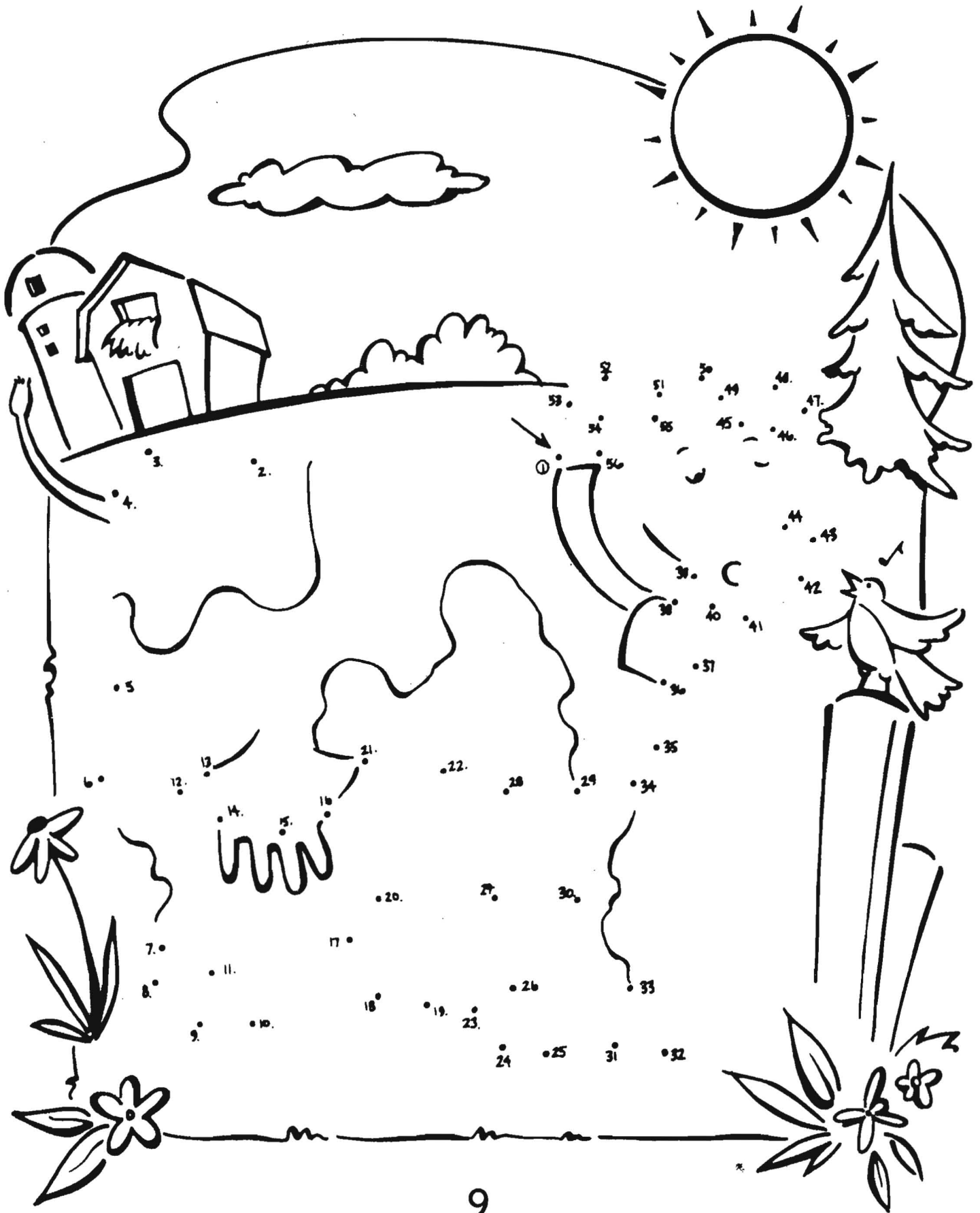
- milk
- calcium-fortified orange juice
- frozen yogurt
- choose any combination of the following ingredients:
 - cinnamon, kiwi, vanilla wafers, diced apples, chocolate syrup, wheat germ, peaches, oatmeal, Girl Guide cookies, banana, vanilla extract, graham crackers, mango, strawberries, juice concentrates, blueberries, honey, cocoa
- mix ingredients in blender until smooth.



Ingredients:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Connect the Dots



Word Jumble

Be food smart and
unScramble the words below!

1. CCliuma

2. dminativ

3. dinesars

4. gortyu

5. spanchi

6. maldons

7. nogera wice

8. ZaZip

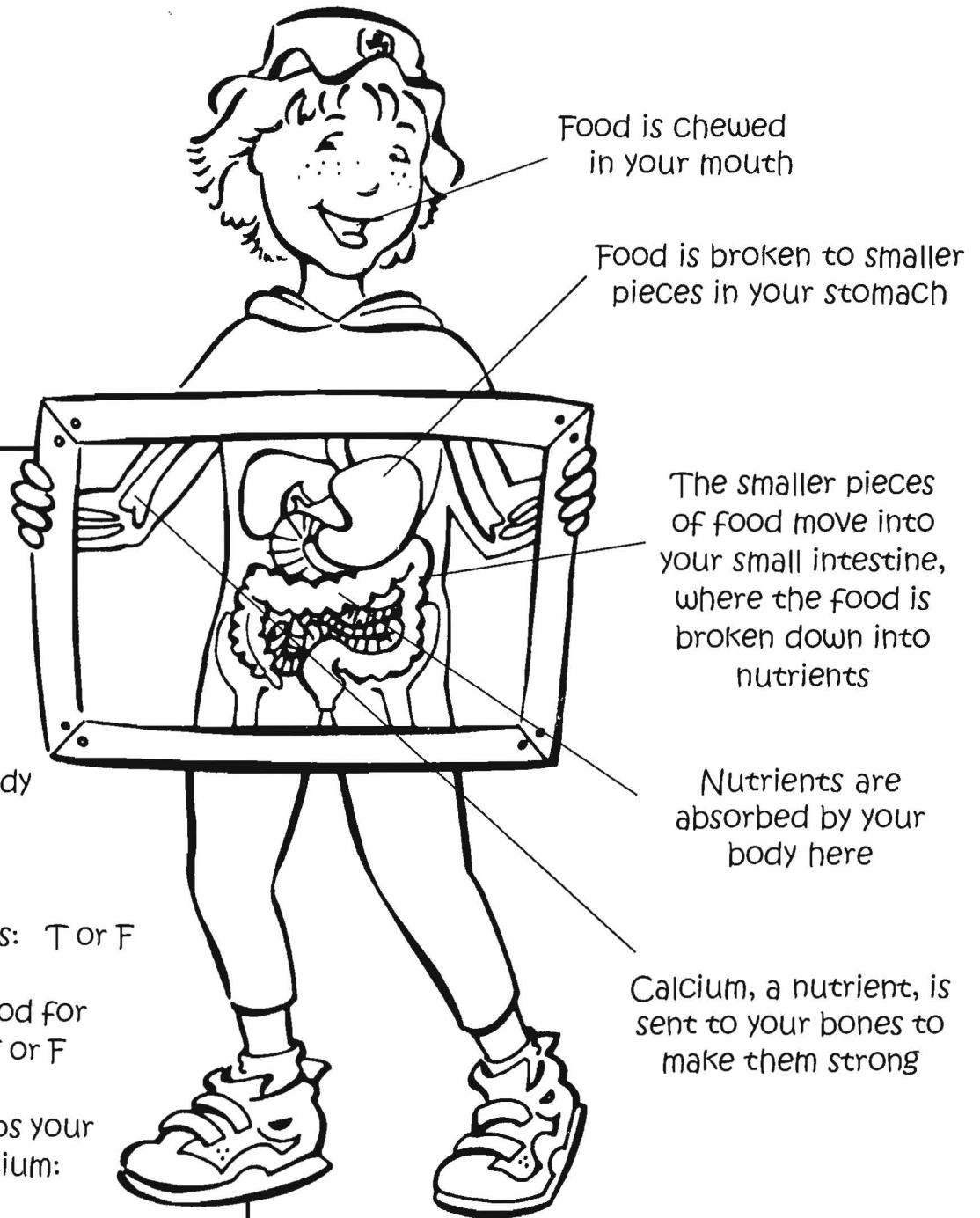
9. limshakke

10. eeeshc



Make sure you
eat Calcium-rich foods
for strong bones!

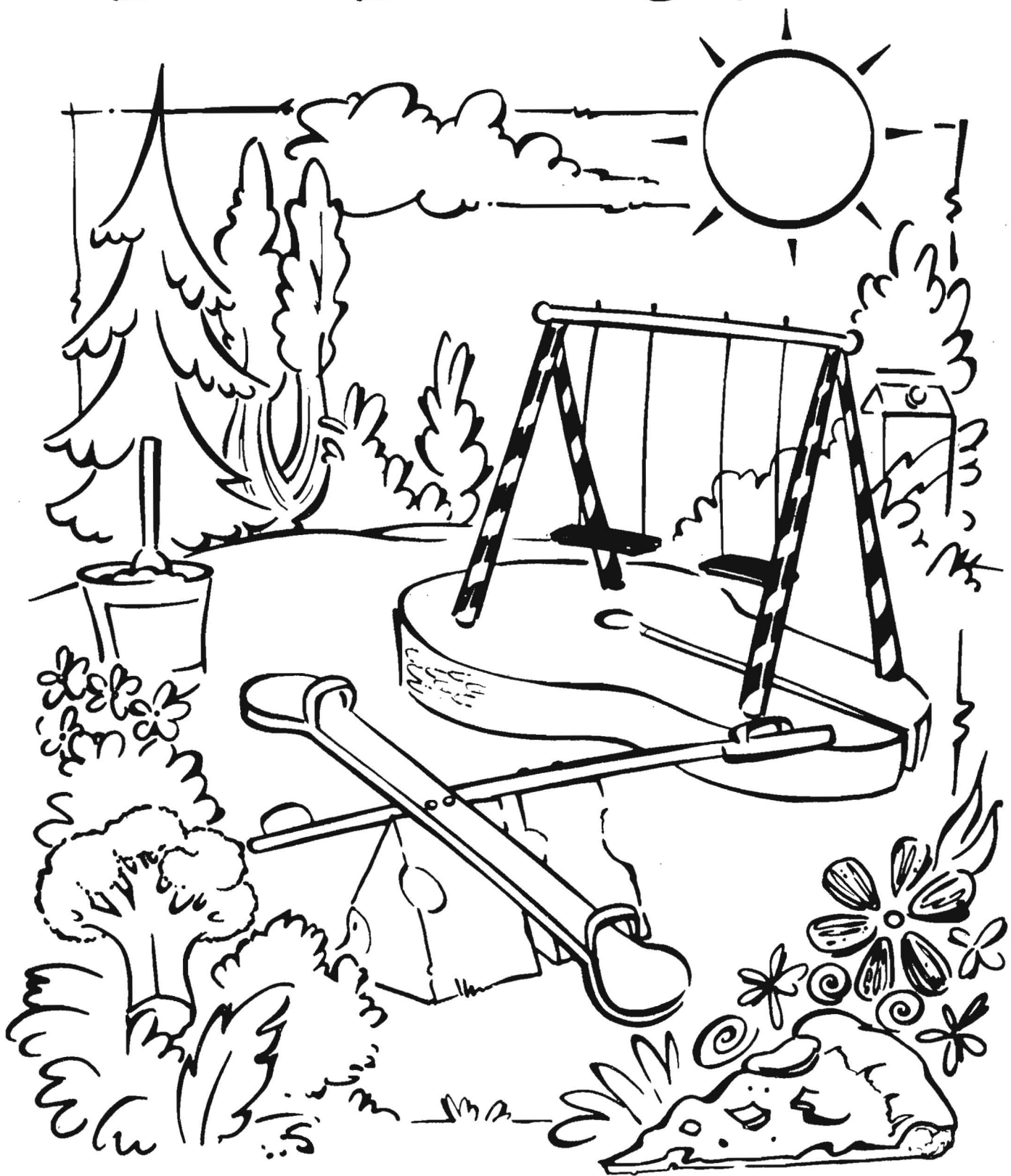
Watch what happens when Jamee eats calcium



True or False

1. Calcium is a nutrient your body needs: T or F
2. Calcium helps strengthen bones: T or F
3. Soda pop is good for strong bones: T or F
4. Vitamin D helps your body absorb calcium: T or F
5. Food gets to your stomach before your mouth: T or F

Find the Hidden Bone-Building Food!



Match the Phrases in the Broccoli to be Nutrition-Smart!

Girls should drink

in milk.

Pop can keep bones

from milk.

You get calcium

4 glasses of milk a day.

Vitamin D is found

from getting calcium.

Grocery Time!



Find the words in the milk Carton

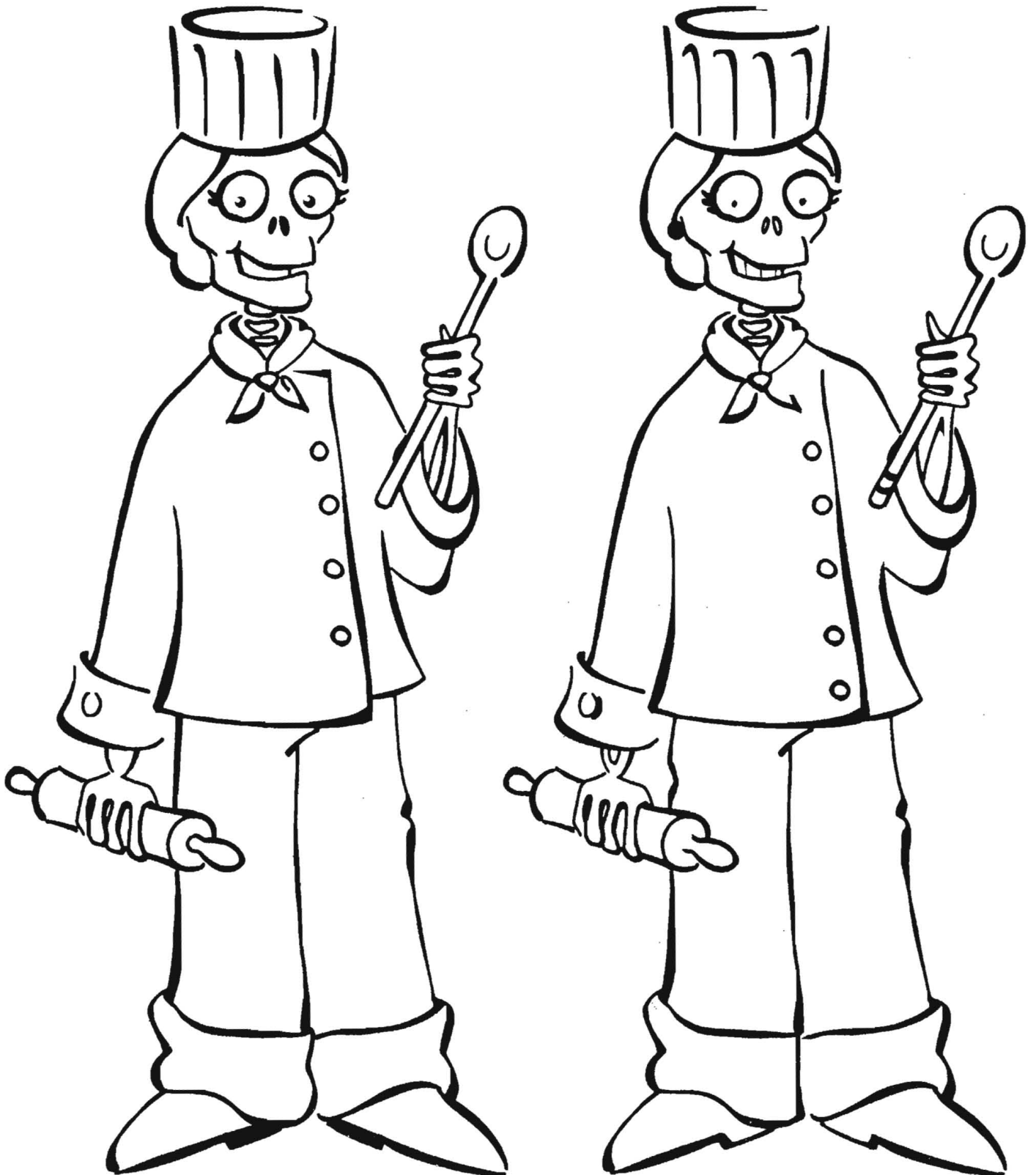
MILK

a b r o c c o l i l p i n
b o k b o k c h o y v l c
v i z o r a n g e s e c e
i a l l s d u b o b i o r
t m i k a b o n e s t e r
a i c a l c i u m s s s e
m l h p m p i z z a m c h
i k e u o b r o k c o h e
n s e d n y o g u r t i e
d h s d e e s d o r t f a
c a e i f o r t i f i e d
c k e n o r t f i e c h s
f e g g u r t c i u n s e

Example:
Vitamin D

Find:
Bok Choy
Bones
Broccoli
Calcium
Cheese
Fortified
Milkshake
Oranges
Pizza
Pudding
Salmon
Yogurt

Can you Spot
the Differences?



Play Time!



eat healthy snacks like
oranges and yogurt so
you can play all day!