



# The Great Calcium Comparison

## Instructions

You will find the answers to the following in the Unbeatable Bones Student section of the Discover Dairy website: [www.dairy.edu.au/discoverdairy](http://www.dairy.edu.au/discoverdairy)

1. Draw the correct number of Brussels sprouts on the plate to equal the calcium benefits of just one glass of milk.



2. How many cups of raw spinach do you need to eat to get the same calcium content as just one glass of milk? Write your answer in the space provided below.

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3. Circle the correct answer in the mini Calcium True/False Quiz below.

- a. True/False You only need to consume three serves of dairy on one day of the week.
- b. True/False Calcium is necessary for the development of strong bones and teeth.
- c. True/False Dairy is the second richest source of calcium.
- d. True/False Ten per cent of calcium in your body is found in your bones and teeth.
- e. True/False Dairy foods provide a total bone health package, to help build unbeatable bones.

4. Can you unscramble the bone health words below. The first letter is provided for you!

Scrambled

cilcmua

nboes

dyrai

nebo msas

sreabobd

gtosnr

Unscrambled

C \_\_\_\_\_

B \_\_\_\_\_

D \_\_\_\_\_

B \_\_\_\_\_ M \_\_\_\_\_

A \_\_\_\_\_

S \_\_\_\_\_

**Just for fun: What did the skeleton say when his brother told a lie?**

*It's no use, I can see straight through you!*

