



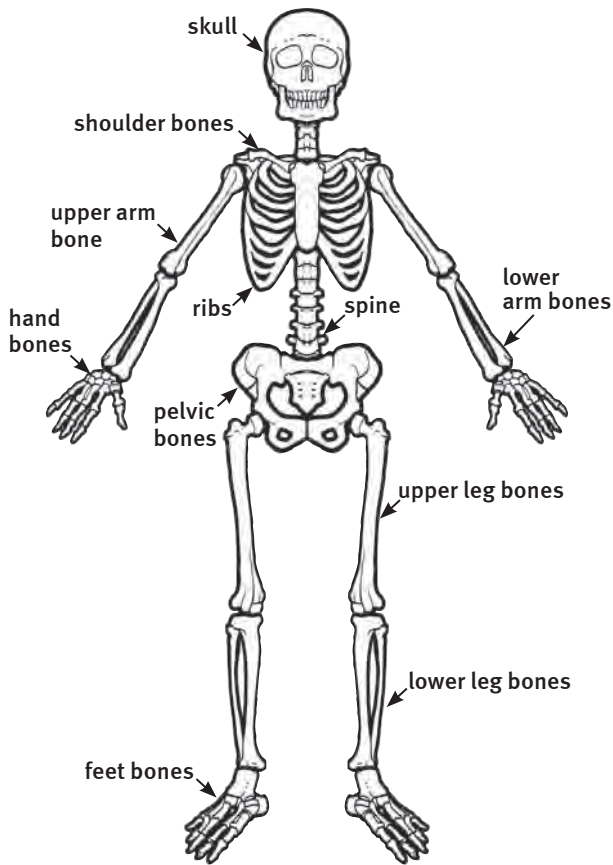
# Unbeatable Bones - Student Activity Solutions

## Three Serves of Dairy for Unbeatable Bones

Just for Fun:

What do cows do for entertainment?  
*They go to the moooo-vies.*

## Know Your Skeleton



Just for Fun:

Why didn't the skeleton go to the disco?  
*He had no body to go with.*

## Building Unbeatable Bones Maze

The maximum number of dairy foods you can collect is 12. Two paths through the maze will give you this champion result.

## It's Your Dairy Choice!

Just for Fun:

What would you use to count cows?  
*A cow-culator.*

## Lunchbox Audit

Just for fun:

Why are skeletons usually so calm?  
*Nothing gets under their skin!*

## Dairy Detectives

1. The skeleton is **LIVING** tissue.
2. During childhood and adolescence your bones are **GROWING** in both length and size.
3. Exercise is something that is fantastic for building **UNBEATABLE** bones.
4. You should eat and drink three serves of dairy every **DAY**.
5. Protein is found in dairy foods and is essential for **BONE** health.
6. Your skeleton is growing right **NOW!**
7. It is extremely **IMPORTANT** to build up your bone strength from a young age.
8. RDI stands for Recommended Dietary **INTAKE**.
9. Milk and water are the best ways to conquer your **THIRST**.
10. Over three days you should aim to consume **NINE** serves of dairy.
11. Without bones you would be just a blob of organs and **SKIN!**
12. The body has greater needs for calcium when it is growing **RAPIDLY**.
13. Having a broken bone is not fun and can be **UNCOMFORTABLE**.
14. Eating enough calcium rich foods is **ESSENTIAL** throughout life.
15. Track your daily dairy **INTAKE** using the dairy diary.
16. Dairy foods are healthy and **NUTRITIOUS**.
17. The skeleton acts like a storage **TANK** for calcium.

Dairy is great for you because it is packed with bone-building nutrients.

Just for Fun:

Who was the most famous skeleton detective?  
*Sherlock Bones.*



# Unbeatable Bones - Student Activity Solutions

## The Great Calcium Comparison

1. 32 Brussels sprouts = 1 glass of milk
2. 21 cups of spinach = 1 cup of milk
3. Mini Calcium True/False Quiz
  - a. This answer is false. You need to consume three serves of dairy every day!
  - b. The answer is true. Calcium is essential for the development of strong bones and teeth.
  - c. This answer is false. Dairy is the richest source of calcium.
  - d. This answer is false. 99% of your body's calcium is found in your bones and teeth.
  - e. This answer is true. Dairy foods provide a total bone health package, to help build unbeatable bones!

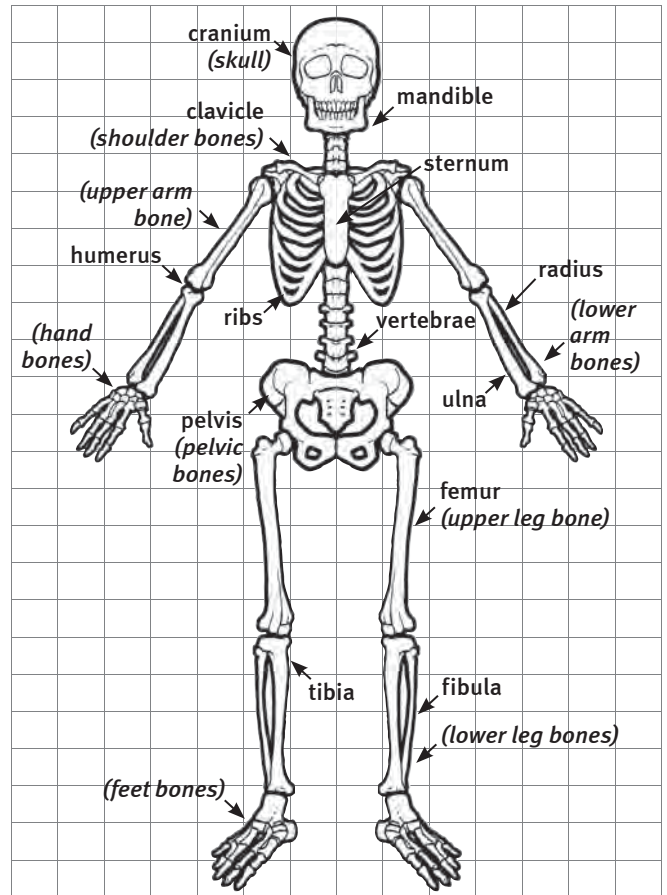
## 4. Dairy for Unbeatable Bones Word Scramble.

- |           |           |
|-----------|-----------|
| cilcmua   | Calcium   |
| nboes     | Bones     |
| dyrai     | Dairy     |
| nebo msas | Bone Mass |
| sreabobd  | Absorbed  |
| gtsnr     | Strong    |

### Just for Fun:

What did the skeleton say when his brother told a lie?  
*It's no use, I can see straight through you!*

## Create Your Skeleton



### Just for Fun:

What is a cow's favourite musical?  
*The Sound of Moosic.*

## Dairy - Quick Facts Crossword

