

No Bones About It...Calcium

1. Humans need to eat foods rich in _____ so that muscle contractions occur and to maintain and build strong bones.
2. _____ is a disease which weakens bone, causing it to become brittle.
3. List food sources that contain calcium for each of the food groups.

Diary Product	Cereal	Protein

Calcium



1. Fill in the gaps below by choosing the correct words from the box:

_____ is needed for strong _____ and _____.

teeth

bones

calcium

2. Draw and label 4 different **high calcium** foods in the boxes below:

1. 	2.
3. 	4.