

Nutrition & Wellness for Life © 2012
Chapter 9: "Cool" Calcium—Math Activity

When the structure of a building isn't strong, it crumbles. Would you believe that, in a sense, the same thing can happen to you? Your structure is your skeleton, and if the bones in your skeleton weaken, they won't keep your body straight, strong, and powerful.

What is it that plays such a vital role in building strong bones? Calcium. According to the U.S. Department of Agriculture's Continuing Survey of Food Intakes of Individuals, 64% of males and 87% of females ages 12 to 19 did not meet their recommended intake of calcium. This is reason for concern, especially since the foods that provide calcium are readily available.

For this activity, you will explore how to make your "structure" strong. Click on the link below. The Web site is aimed at females, but the information applies to males as well. Check out the site and find answers to the questions that follow.

<http://www.bestbonesforever.gov/>

Activity Questions:

1. On the Web site, click on "Best Bones for Food," then on "Foolin' Around with Food Labels," and read the information. What percentage of the Daily Value for calcium do females between ages 9 and 18 need each day? (By the way, the percentage is the same for males.)

2. How many milligrams of calcium do teens need each day?

3. How can you tell how many milligrams of calcium a food has when reading the Nutrition Facts panel? (Note that this technique only works for calcium.)

Name _____ Date _____

4. Now click on "Where to Get Calcium" on the Web site. Put together three healthful combinations of any of these foods that would meet your daily requirement.

5. Finally, click on "Calcium—Cool Cuisine" on the Web site. Click each category listed, beginning with "Breakfast." What are five eating ideas that you would like to try? List those here and make a point to include them in your eating plan soon.