

Adventures in Food and Nutrition! © 2012

Chapter 2: Nutrients: The Building Blocks of Health—Writing Activity

Strong Bones for a Lifetime

During the teen years, bones grow very quickly. To build the strongest bones possible, it is important to get plenty of calcium. Dairy products are rich sources of calcium. Many teens, especially girls, do not get enough calcium. Those who get too little calcium have a greater chance of developing osteoporosis. This activity will help you learn more about this disease and how dairy products can help you avoid it.

Imagine you are an investigative reporter. Search these websites for answers to the activity questions.

<http://www.nationaldairycouncil.org>

<http://www.nichd.nih.gov/milk/>

Activity Questions

1. What is osteoporosis?

2. What nutrients are provided by dairy foods?

3. Why is it important for children and teens to get plenty of calcium?

Name _____ Date _____

4. What are the healthiest types of dairy foods to choose?

5. How many cups of dairy foods should you have each day?

6. List three tips for helping children and teens meet their needs for dairy products daily.

7. When you have gathered all the facts, write a 1-minute newscast about osteoporosis and ways to prevent it. Create a video of yourself giving the newscast and share it with the rest of the class.