# Whiz Quiz

Try completing the quiz! Use your notes from watching the episodes to help you answer the questions.

The Bone Bank
Skeletons in the Closet
Bone Building Olympics

# Whiz Quiz

## The Bone Bank

1. The amount of calcium kids and teenagers need to have every day is:

   a. 500 mg  b. 600 mg  c. 700 mg  d. 1300 mg

2. Which food has more calcium per serving:

   a. Ice cream  b. Yogurt

3. Cheese helps prevent cavities:

   a. True  b. False

4. Chocolate milk is a great source of:

   a. Vitamin A  b. Calcium  c. Protein  d. All of these

## Skeletons in the Closet

1. Calcium is necessary for the proper functioning of your:

   a. Heart and blood  b. Nerves and muscles  c. Bone growth  d. All of these

2. The body absorbs calcium better when it also has enough:

   a. Vitamin A  b. Vitamin B  c. Vitamin C  d. Vitamin D

3. Fortified soy beverage is a great source of calcium

   a. True  b. False

4. How much calcium is in a glass of milk:

   a. 1300 mg  b. 75 mg  c. 300 mg  d. There is no calcium in milk

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# Whiz Quiz

## Bone Building Olympics

1. Which kinds of physical activity are best for building bones?

   _____

   _____

   _____

2. Most of your bone is formed by age:

   a. 10 years old  b. 20 years old

3. Which has more calcium per serving:

   a. Broccoli  b. Cheese  c. Almonds

4. How much calcium do you get in a can of pop:

   _____ mg of calcium

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