

Calci's Big Race Activity / Upper Elementary

Calci M. Bone understands that her new video is teaching some very important lessons. She knows that some of this information may be difficult for younger kids to understand. She would like your opinion and thoughts about this matter. Please answer the questions below.



Calci M. Bone®



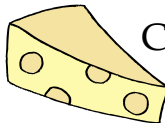




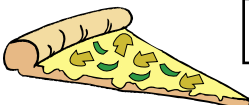
1. Which part of the video do you think younger kids will like best?
2. Name 3 “bone healthy” foods mentioned in the video that you think first graders would have learned.

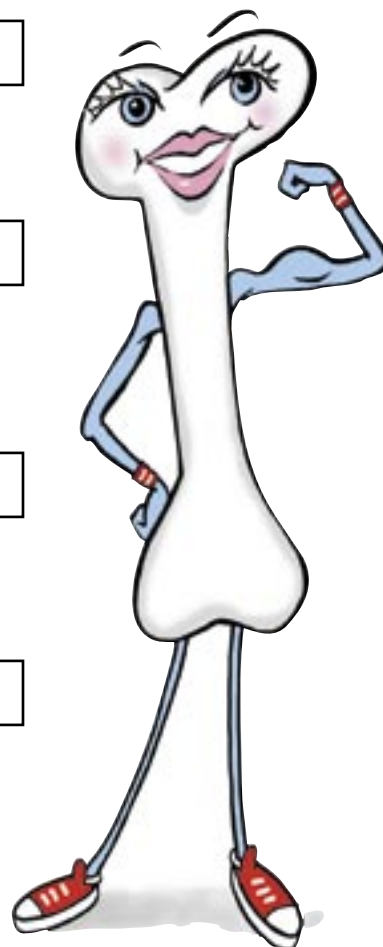
3. What is the mineral found in “bone healthy” foods that children of all ages need in order to keep their strong bones?

4. Name 3 “bone-healthy” physical activities that you think first graders could do.

5. Do you think this is a good teaching video for first graders?
6. Would you like to see more OrganWise Guys videos?

Now that you know what you are looking for, it's time to see if your kitchen can pass Calci's "Official Calcium Test!" Place a check in the box next to each "calcium-rich" food that you have in your kitchen (at this very moment!).

-  Low-fat milk
-  Calcium-fortified cereal
-  Cheese (any variety)
-  Low-fat chocolate milk
-  Low-fat ice cream
-  Yogurt
-  Calcium-fortified orange juice
- 



Calci M. Bone®

If you . . .

- . . . have all 8 boxes checked, Calci considers you a "bonafide" calcium expert!**
- . . . have 5-7 boxes checked, your kitchen has passed Calci's Official Calcium Test!**
- . . . have less than 5 boxes checked, it's time to go with a parent to the store and load up on calcium-rich foods for your whole family's sake!**

What do you plan to do to help your family eat more calcium-rich foods?