

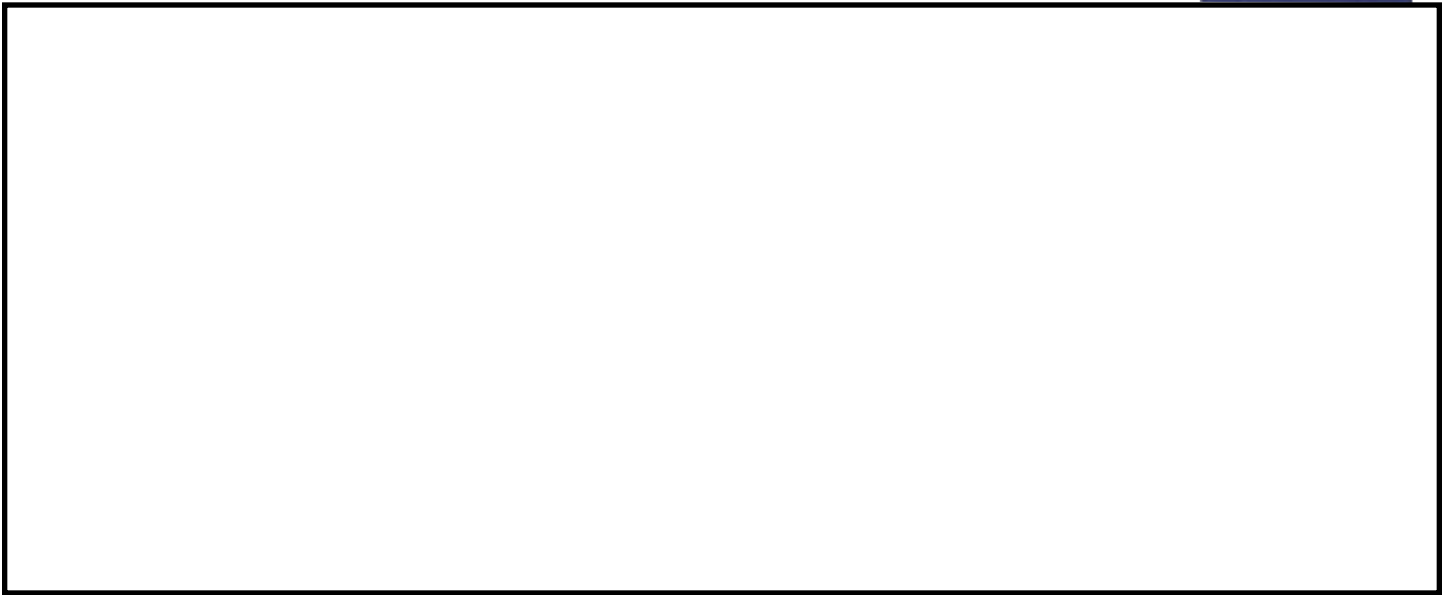
# Calci's Big Race Activity / Primary Elementary

Calci is so proud of herself for finishing the race this year. She is also excited that she made a new friend who helped encourage her to finish. Follow the directions below as you continue to learn about building strong bones!

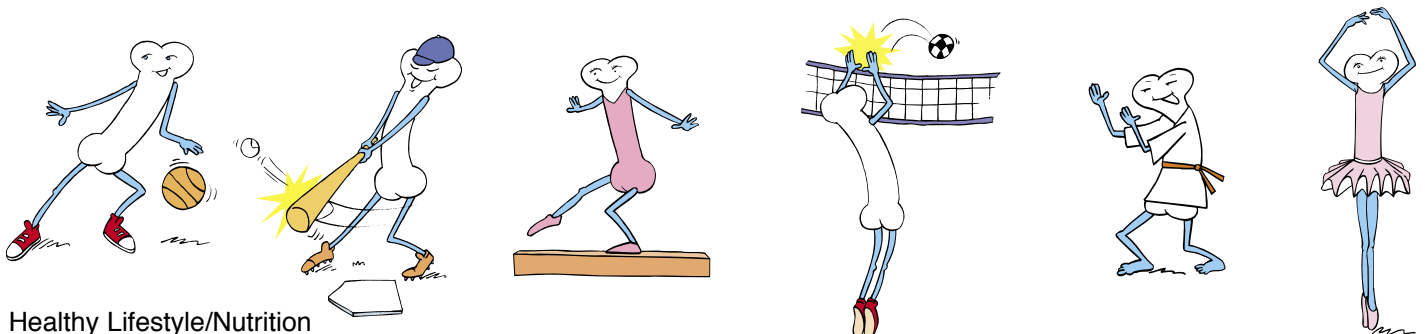
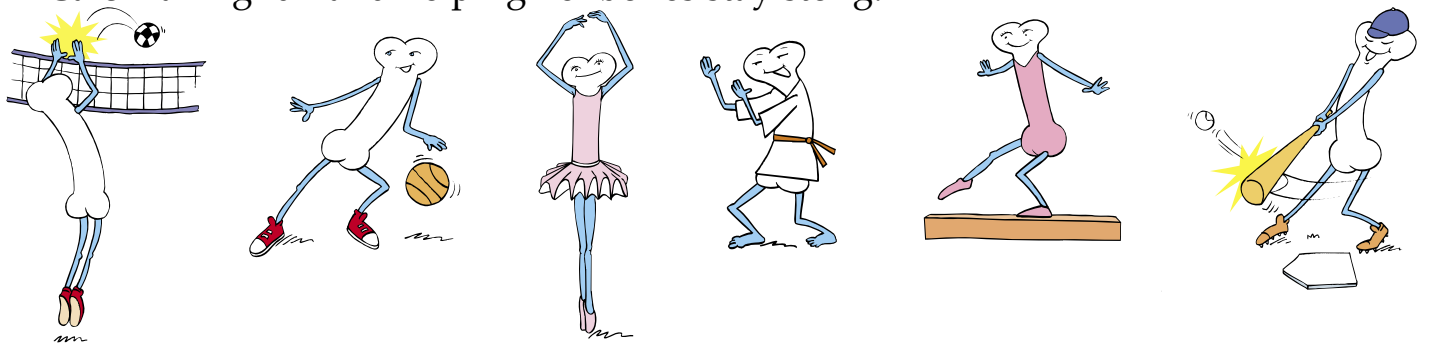


Calci M. Bone®

1. Draw and color a picture of your favorite part of *Calci's Big Race*.





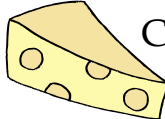




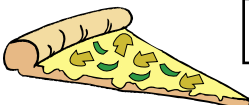
2. Calci M. Bone loves to be physically active. Draw lines to match up the pictures of Calci having fun and helping her bones stay stong!



Healthy Lifestyle/Nutrition

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Now that you know what you are looking for, it's time to see if your kitchen can pass Calci's "Official Calcium Test!" Ask an adult who lives with you to help you take this 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?