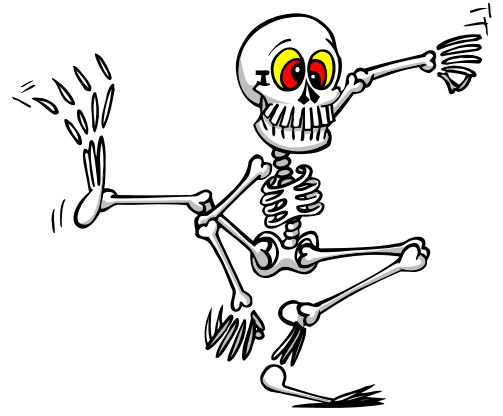


Jump Start Your Bones **Knowledge Test**



NAME: _____

DATE: _____

Circle the best answer.

1. The number of calcium rich foods that teens should eat every day is:
 - a. 2
 - b. 3
 - c. 4
 - d. 5
2. Foods like calcium-processed tofu and broccoli are as rich in calcium as dairy foods.
 - a. This is true
 - b. No, dairy foods are richer
 - c. They have about the same amount of calcium as dairy foods
 - d. These foods don't contain calcium
3. What is the most important time to prevent osteoporosis?
 - a. When you are a child
 - b. When you are a teenager
 - c. When you are in your 60s
 - d. When you are over 70
4. Which of the following foods is a calcium rich food?
 - a. Apple
 - b. Chicken breast
 - c. Cheese lasagna
 - d. Iceberg lettuce
5. Joe can't eat dairy foods. Which foods should he eat to make sure that he gets enough calcium?
 - a. Salmon and green, leafy vegetables
 - b. Cheese pizza and a sports drink
 - c. Calcium fortified foods like orange juice or cereal and/or a calcium supplement
 - d. Tofu and broccoli

6. What is the most important reason for teens to eat foods that are high in calcium?
 - a. Because calcium helps teenagers reach peak bone mass
 - b. Because calcium is important for building strong teeth
 - c. Because foods that are high in calcium are also high in other important nutrients like vitamins and minerals
 - d. Because soft drinks cause acne, and milk which is high in calcium does not

7. Which of the following actions is most likely to weaken your bones?
 - a. Drinking a soft drink every day
 - b. Watching 2 hours of television every day
 - c. Doing exercises that force your bones to have to support weight, or push on an object every day
 - d. Playing on the computer for 1 hour every day

8. Which of the following is not a weight bearing exercise?
 - a. Running
 - b. Playing basketball
 - c. Swimming
 - d. Doing push-ups

9. You should be physically active for:
 - a. ½ hour, 3-4 times a week
 - b. ½ hour, every day or most days of the week
 - c. 1 hour, 3-4 times a week
 - d. 1 hour, every day or most days of the week