

Building Strong Bones and Teeth



I'm a Build-It Kid

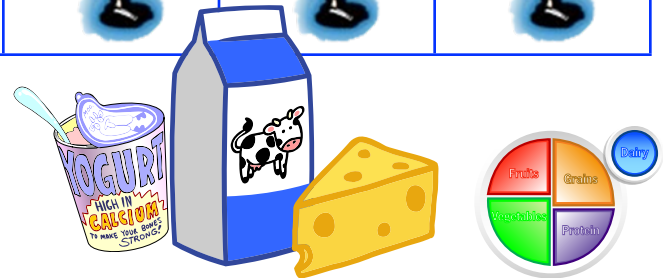
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Color the box	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calcium Rich foods 1							
Calcium Rich foods 2							
Calcium Rich foods 3							

There are lots of food that are full of calcium.

Soy milk with added calcium,
lactose free milk,
eating ice cream once in a while is a tasty way to get your calcium



List your favorite calcium rich foods: _____

