

Name \_\_\_\_\_

Date \_\_\_\_\_

# My Healthy Score Card

**Make  
Wise  
Choices**

Place an X or write out the food eaten or activity done in the column as you work toward meeting your daily goals. Use both columns to track more than one group at a time.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday


**Circle the group  
you are tracking and list  
your daily goal.**

**Milk**

Goal \_\_\_\_\_

**Grains**

Goal \_\_\_\_\_

**Meat & Beans**

Goal \_\_\_\_\_

**Physical Activity**

Goal \_\_\_\_\_

**Vegetables**

Goal \_\_\_\_\_

**Fruits**

Goal \_\_\_\_\_

**Get  
Active**

Watched less than 1 hour of TV  
or played video games each day



Tried a new food



Drank at least 5 cups of  
water each day this week.

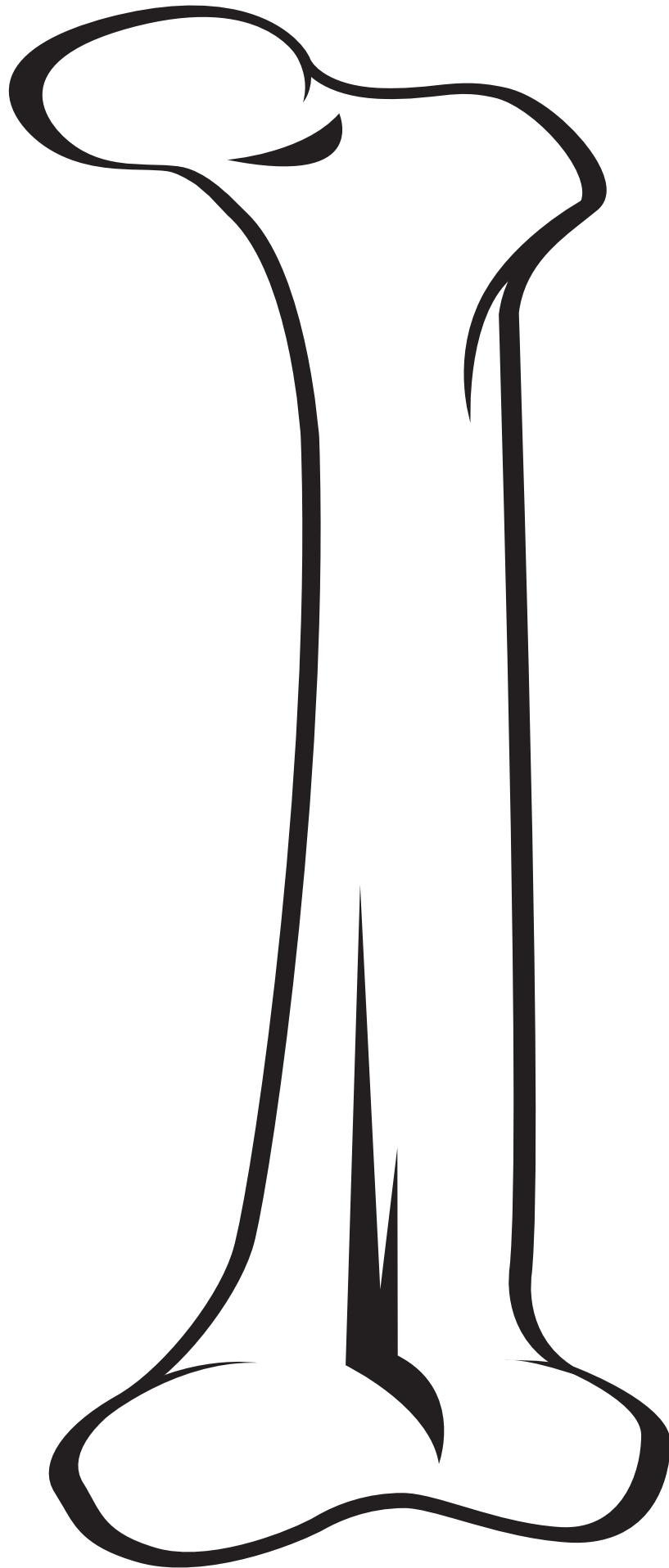


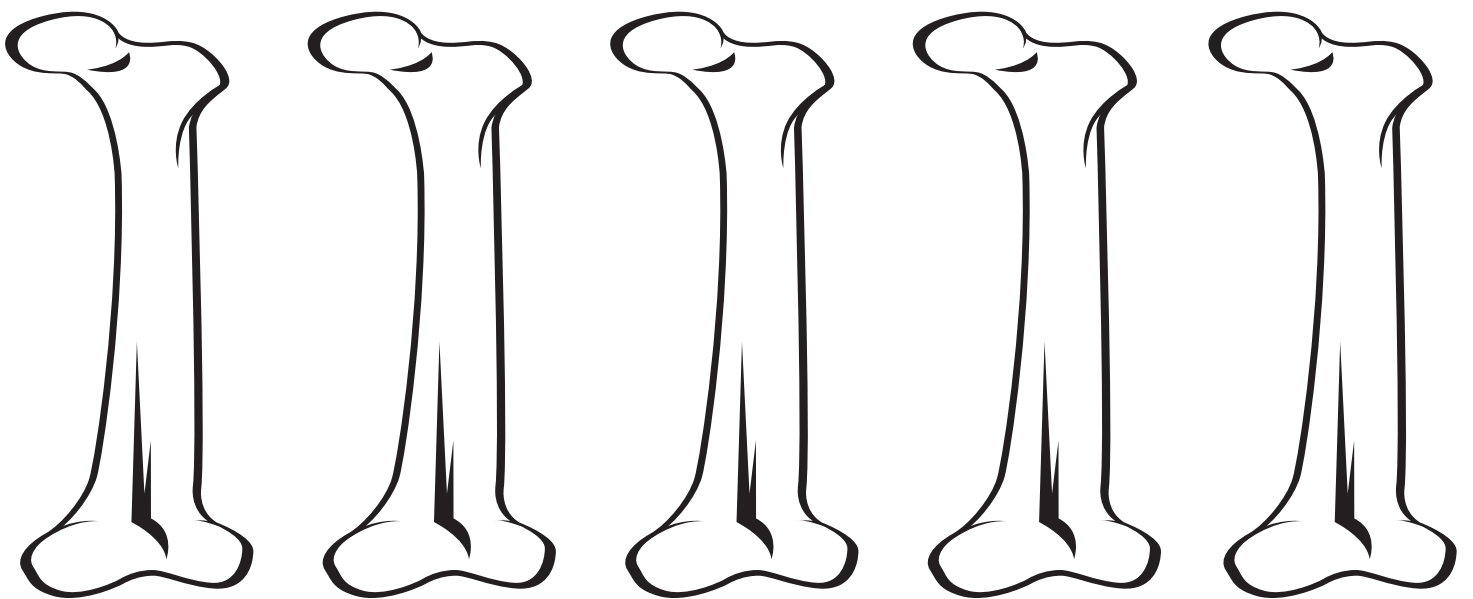
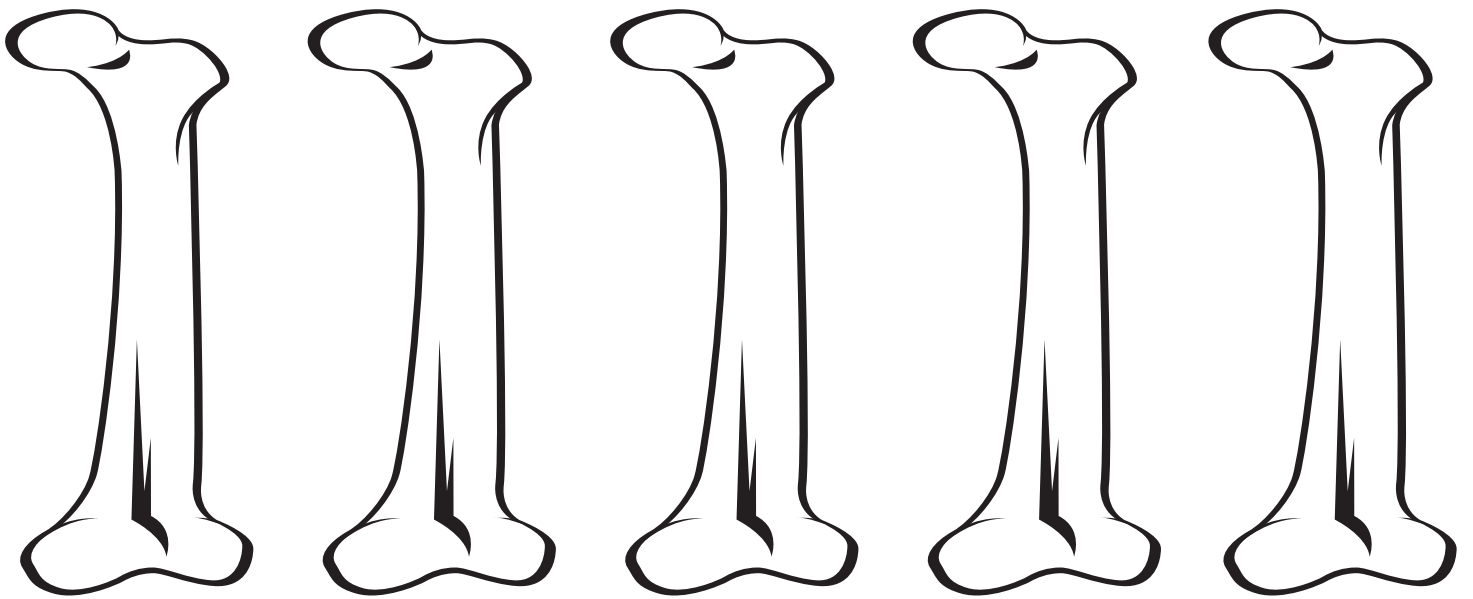
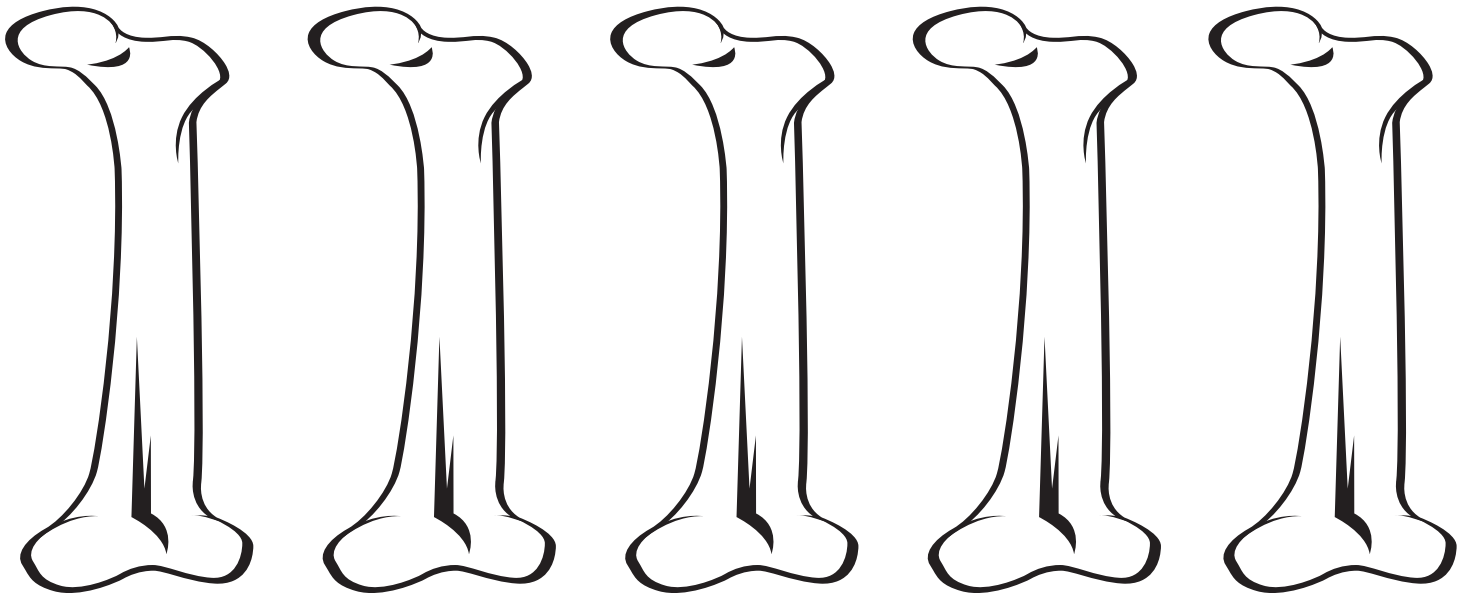
Ate breakfast every  
morning this week



Help cooked  
dinner

**Bonus  
Activities**





# Bone Builders!

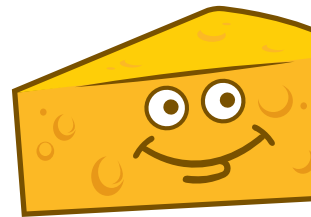


**Instructions:** Decode these bone building messages.

<b>A = @</b>	<b>B = \$</b>	<b>C = ^</b>	<b>D = *</b>	<b>E = %</b>
<b>F = ?</b>	<b>G = +</b>	<b>H = ( )</b>	<b>I = 1</b>	<b>J = 2</b>
<b>K = 3</b>	<b>L = 4</b>	<b>M = !</b>	<b>N = 5</b>	<b>O = 6</b>
<b>P = 7</b>	<b>Q = 8</b>	<b>R = 9</b>	<b>S = ~</b>	<b>T = 10</b>
<b>U = &lt;&gt;</b>	<b>V = { }</b>	<b>W = /</b>	<b>X = 11</b>	<b>Y = “ ”</b>

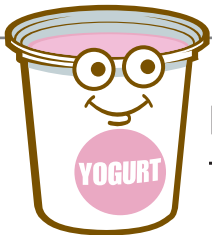
M i l k                      g r o u p                      f o o d s  
 ! 1 4 3                      + 9 6 <> 7                      ? 6 6 \* ~

b u i l d                      s t r o n g                      b o n e s  
 \$ <> 1 4 \*                      ~ 10 9 6 5 +                      \$ 6 5 % ~



e x e r c i s e                      e v e r y d a y  
 % 11 % 9 ^ 1 ~ %                      % { % 9 “ ” \* @ “ ”

f o r                      s t r o n g                      b o n e s  
 ? 6 9                      ~ 10 9 6 5 +                      \$ 6 5 % ~



How many **Bone Building** foods can you list?

- |                        |                                    |
|------------------------|------------------------------------|
| Low-Fat milk           | Green Leafy Vegetables             |
| Fat-Free Milk          | Smoothies made with milk or yogurt |
| Low-Fat Flavored Milk  | Pudding                            |
| Fat-Free Flavored Milk | Calcium Fortified Orange Juice     |
| Yogurt                 | Calcium Fortified Soy Milk         |
| Drinkable Yogurt       | Calcium Fortified Tofu             |
| Low-Fat Cheese         | String Cheese                      |

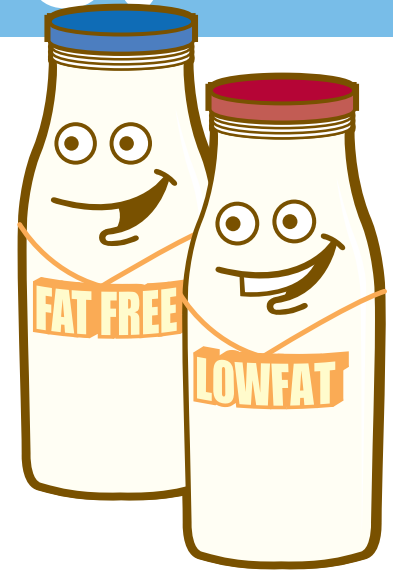
List **Bone Building** physical activities you like to do:



# Bone Builders!

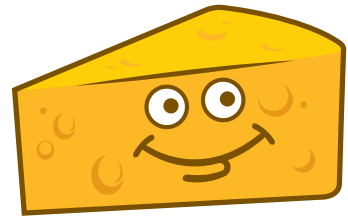
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U = <>	V = { }	W = /	X = 11	Y = " "



\$ % 1 5 +    @ ^ 10 1 { } %    % { } % 9 " " \* @ " "    () % 4 7 ~

3 % % 7    \$ 6 5 % ~    ~10 9 6 5 +



! 1 4 3    @ 5 \*    ! 1 4 3    + 9 6 <> 7    ? 6 6 \* ~    + 1 { } %

! " "    \$ 6 \* " "    \$ 6 5 %    \$ <> 1 4 \* 1 5 +    5 <> 10 9 1 % 5 10 ~



How many **Bone Building** foods can you list?

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List **Bone Building** physical activities you like to do:




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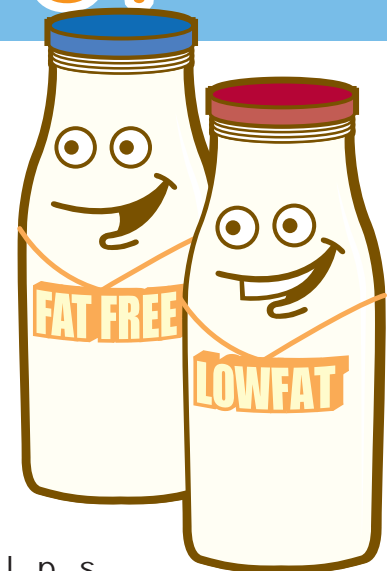
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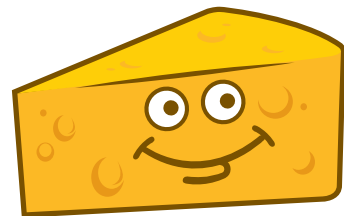
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Being active everyday helps  
 keep bones strong



Milk and milk group foods give  
 my body bone building nutrients



How many **Bone Building** foods can you list?

- Low-Fat milk
- Fat-Free Milk
- Low-Fat Flavored Milk
- Fat-Free Flavored Milk
- Yogurt
- Drinkable Yogurt
- Low-Fat Cheese

- Green Leafy Vegetables
- Smoothies made with milk or yogurt
- Pudding
- Calcium Fortified Orange Juice
- Calcium Fortified Soy Milk
- Calcium Fortified Tofu
- String Cheese

List **Bone Building** physical activities you like to do:





the outer edge of the plate by the grains group.

## DISCUSSION GUIDE

How many of you had milk today with your breakfast or lunch? Milk and dairy group foods help your body to build strong bones and teeth and help your heart to beat and muscles to flex. The calcium and vitamin D found in milk work together to make your bones strong.

Do you know how many bones you have in your body? [Allow students to guess] 206!

Did you know you have 27 bones in each hand and 27 bones in each foot? (27+27+27+27 = 108 bones in your hands and feet – over half of the 206 bones in your whole body!) [Using the small bone handout, you can make copies and cut out the bones to illustrate the number of bones.]

Ask children how many grain group servings they think they need everyday for energy. Take a few guesses, then show children how many grains they need each day. You can use bread, dry cereal, cooked rice or pasta. Explain that when they eat a sandwich with two slices of bread that counts as two of their servings. We are all born with a certain amount of calcium in our bones and teeth, but not enough to last as long as we live.

Now is the time to build up your body's calcium supply so that when you get older you have enough to keep your bones and teeth strong. We add calcium to our body by eating foods like milk, cheese, yogurt, pudding, and juices and soy milk with calcium added to them. If we don't drink or eat foods with milk in them our bones won't be healthy and they may look like this [Print the large bone illustration from the accompanying support materials and either punch several holes in the bone or make several small slits – to illustrate a weak bone. To illustrate a strong bone copy bone image on white cardstock].

What do you think can happen when our bones are not strong? They may break easily if you fall. Do you know what else helps keep your bones strong? By being active everyday – like running, jumping and playing ball at recess or when you get home from school.

is the healthier choice, flavored milks, such as chocolate or strawberry skim milk, also contain the calcium you need.] If you can not drink milk or do not like the taste of milk you can choose lactose-free milk products or calcium-fortified foods and beverages. You may see a lot of foods or beverages with calcium added to them, but stop and think to make sure they are a healthy food to begin with. Which would be the healthier choice – 100% fruit juice with added calcium or a fruit drink with calcium added? The 100% juice fortified with calcium would be the better choice.

How much milk do you need? Cool kids your age need...  
*Children 6-8 years old need 2-3 cups per day.*  
*Children 9-12 years old need 3 cups per day.*

Use liquid measuring cups, school milk cartons or containers of yogurt to show children how much milk they need each day. Explain/show that drinking 1 cup (8 ounces) of milk at breakfast, 1 carton of milk at school lunch, and 1 cup (8 ounces) of yogurt as a snack will help them meet their needs. \*\*\* For Older Students (9-12 years) \*\*\* If 1 cup or 1 school milk carton, 1 cup of yogurt, and 1 1/2 ounces of cheese is a serving, how could you get in your 3 servings of dairy group foods in one day? \*\*\* — \*\*\*\* Note: 1 cup of milk or yogurt, 1 1/2 oz of natural cheese or 2 oz of processed cheese are considered 1 cup from the dairy group.

Milk is also used to make other foods, like pudding and pancakes. Can you think of any of your favorite foods that are made with milk? [give students an opportunity to answer, if one says they don't like milk or my family doesn't drink milk, ask them to share how they get calcium in – do they drink a calcium fortified beverage, such as soy milk or orange juice?]

## DELICIOUS DAIRY REINFORCEMENT ACTIVITIES

- 🏃 “MILK JUG RELAY” PHYSICAL ACTIVITY
- + 🍏 “BAG IT!” BONE BUILDING ACTIVITY
- + 🍏 “FEED THOSE BONES!” INTAKE ACTIVITY

[BuildingBones4to6gradeAnswer](#)

[BuildingBones4to6grade](#)

[BuildingBones1to3gradeAnswerBuildingBones1to3grade](#)

[BoneDensitySmall](#)

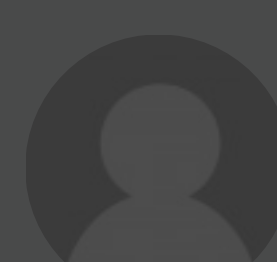
[BoneDensityLarge](#)

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