

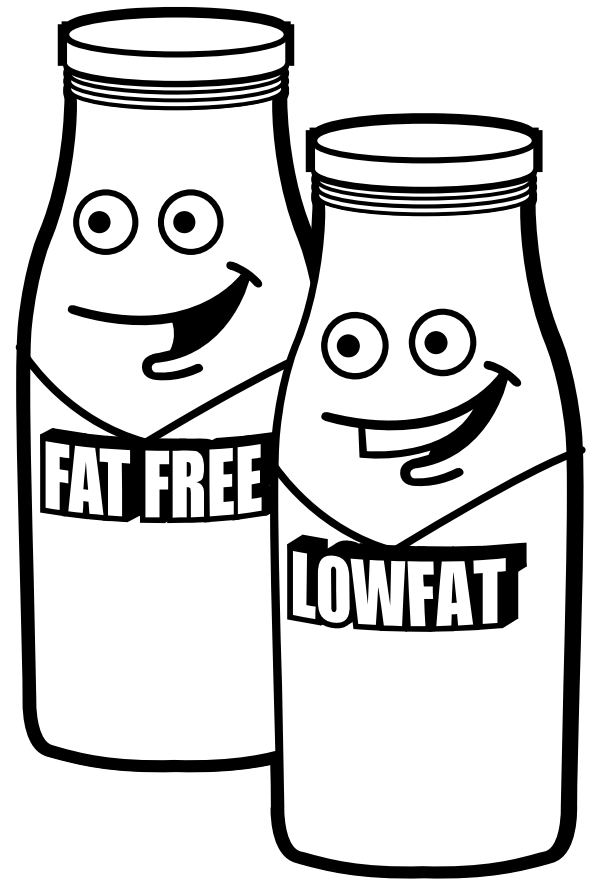
Healthy Activities for Cool Kids – Ages 6-10

Bone Builders!

Milk group foods are a great source of calcium and vitamin D to help build strong bones and teeth.

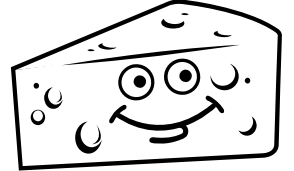
Instructions: Decode these bone building messages.

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



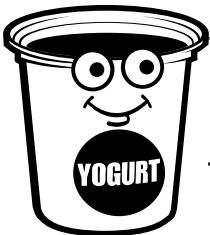
! 1 4 3 + 9 6 <> 7 ? 6 6 * ~

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



% 11 % 9 ^ 1 ~ % % { } % 9 “ ” * @ “ ”

? 6 9 ~ 10 9 6 5 + \$ 6 5 % ~



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

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