

Bone Builders!

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 = " "

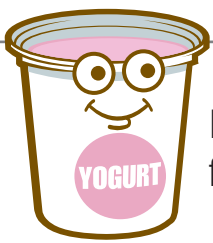
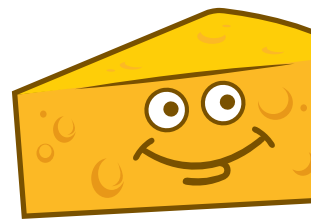


! 1 4 3 + 9 6 <> 7 ? 6 6 * ~

\$ <> 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:



Bone Builders!

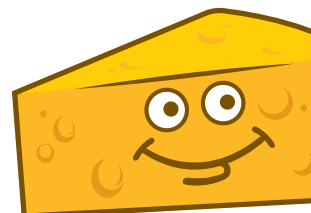


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M i l k g r o u p f o o d s
 ! 1 4 3 + 9 6 <> 7 ? 6 6 * ~

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
- 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:



Bone Builders!

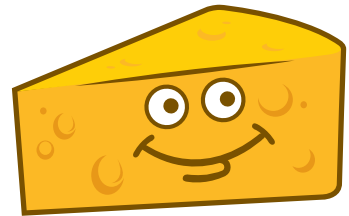
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\$ % 1 5 + @ ^ 10 1 { } % % { } % 9 " " * @ " " () % 4 7 ~

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?

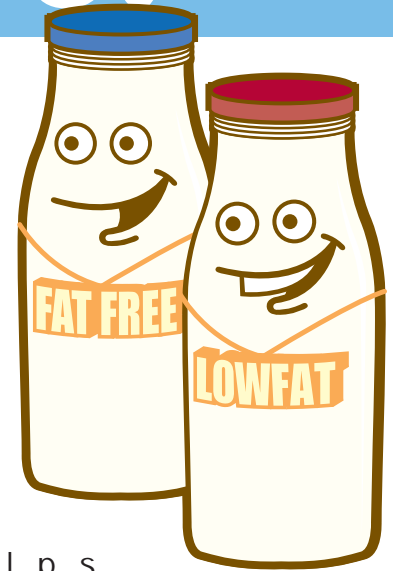
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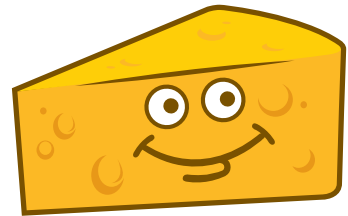
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Being active every day helps
 keep bones strong



Milk and milk group foods give
 my body bone building nutrients



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