

**100**

**100**

**Variation C**

**True or False:  
Your body's bone mass peaks  
around age 26.**

**Answer: True**

**Variation C**

**By the time you're 18-19 years  
old, you've built up \_\_\_% of  
your body's bone mass.**

**Answer: 90%**

**100**

**200**

**Variation C**

**True or False:  
You can easily get enough  
Vitamin D from your diet.**

**Answer: False**

**Variation C**

**How many milligrams of  
calcium do teens need to get  
each day?**

**Answer: 1,300 milligrams**

**200**

**200**

## **Variation C**

**Teens need about \_\_\_ to \_\_\_ cups of milk (or other dairy foods) per day.**

**Answer: 3-4 cups**

## **Variation C**

**Name 2 key nutrients teens don't get enough of that are found in milk.**

**Answer: Calcium, Vitamin D (also accept Protein)**

**300**

**300**

## **Variation C**

**How much weight-bearing exercise is recommended for teens each week? (Amount & frequency)**

**Answer: 60 minutes, 3 times per week**

## **Variation C**

**How many milligrams of calcium do you get in one 8-ounce cup of milk?**

**Answer: 300 mg**

**400**

**500**

## **Variation C**

**Name three types of weight-bearing exercises. Be specific.**

**Accept any 3 of these answers:**

- **Walking, running, or dancing**
- **Jumping rope or doing aerobics**
- **Playing basketball, tennis, or soccer**
  - **Lifting weights**
- **Any other activity that involves impact with the ground**

## **Variation C**

***Besides drinking enough milk (or other dairy foods), name 3 things you can do to help build and keep bone mass.***

**Answer:**

- **Avoid sodium**
- **Do weight-bearing exercise**
- **Don't smoke**

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