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

Answer: False

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

Answer: 1,300 milligrams
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
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