

# Building Strong Bones and Teeth



I agree to be a Build It Kid.

Eating at least 3 servings of calcium rich foods everyday will help my body BUILD strong bones and teeth. Foods that have lots of calcium include soy milk with added calcium, low-fat milk, cheese and yogurt.

As a BUILD IT kid, I know that I can BUILD the best skeleton by adding regular exercise like jumping and dancing.

Child's Name \_\_\_\_\_

Parent's Signature \_\_\_\_\_



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# Agreement