

Building Strong Bones and Teeth



I agree to be a Build It Kid.



Eating at least 3 servings of calcium rich foods every day 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 _____



Agreement