



I'm a Build It Kid

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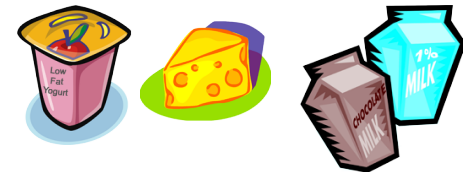


# Building Strong Bones and Teeth

Color the box	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calcium Rich foods <b>1</b>							
Calcium Rich foods <b>2</b>							
Calcium Rich foods <b>3</b>							

There are lots of food that are full of calcium.

Soy milk with added calcium,  
lactose free milk,  
eating ice cream once in a while is a tasty way to get your calcium



List your favorite calcium rich foods: \_\_\_\_\_