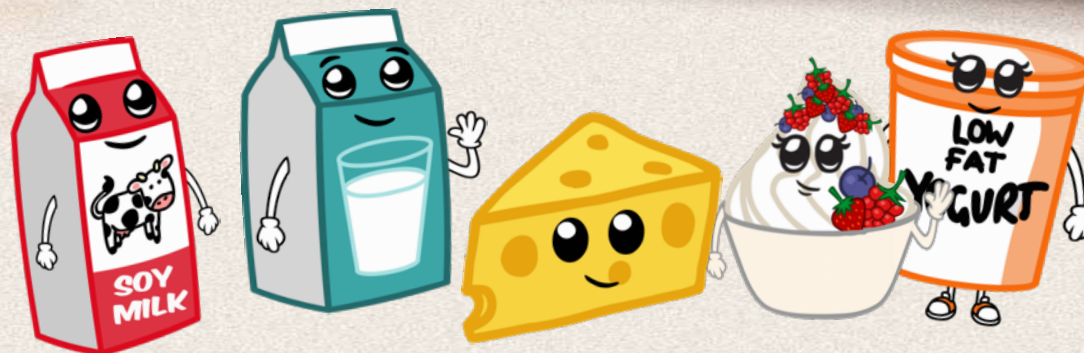


# Building Strong Bones and Teeth



I agree to be a BUILD-IT Kid. Eating at 2-3 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 bones and teeth by adding regular exercise like jumping and dancing.

Parent's Name \_\_\_\_\_

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



## Agreement

