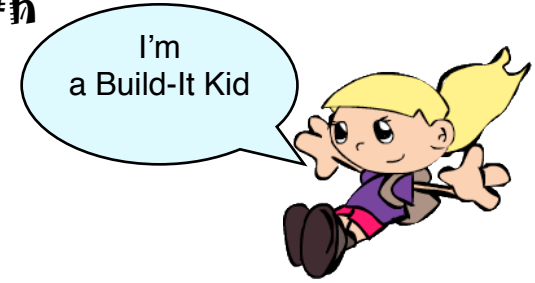


Building Strong Bones and Teeth



I'm a Build-It Kid



I'm a Build-It Kid

Color the box	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calcium Rich foods 1							
Calcium Rich foods 2							

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:
