

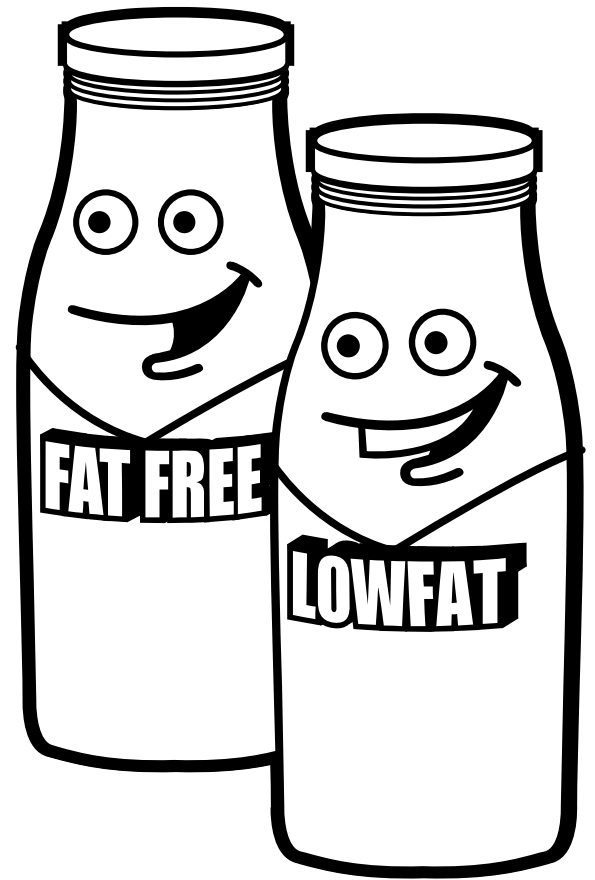
Healthy Activities for Cool Kids – Ages 6-10

# Bone Builders!

Milk group foods are a great source of calcium and vitamin D to help build strong bones and teeth.

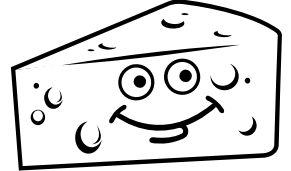
**Instructions:** Decode these bone building messages.

<b>A = @</b>	<b>B = \$</b>	<b>C = ^</b>	<b>D = *</b>	<b>E = %</b>
<b>F = ?</b>	<b>G = +</b>	<b>H = ( )</b>	<b>I = 1</b>	<b>J = 2</b>
<b>K = 3</b>	<b>L = 4</b>	<b>M = !</b>	<b>N = 5</b>	<b>O = 6</b>
<b>P = 7</b>	<b>Q = 8</b>	<b>R = 9</b>	<b>S = ~</b>	<b>T = 10</b>
<b>U = &lt;&gt;</b>	<b>V = { }</b>	<b>W = /</b>	<b>X = 11</b>	<b>Y = “ ”</b>



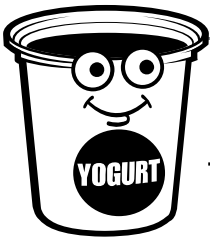
! 1 4 3 + 9 6 <> 7 ? 6 6 \* ~

\$ <> 1 4 \* ~ 10 9 6 5 + \$ 6 5 % ~



% 11 % 9 ^ 1 ~ % % { % 9 “ ” \* @ “ ”

? 6 9 ~ 10 9 6 5 + \$ 6 5 % ~



How many **Bone Building** foods can you list?

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List **Bone Building** physical activities you like to do:




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