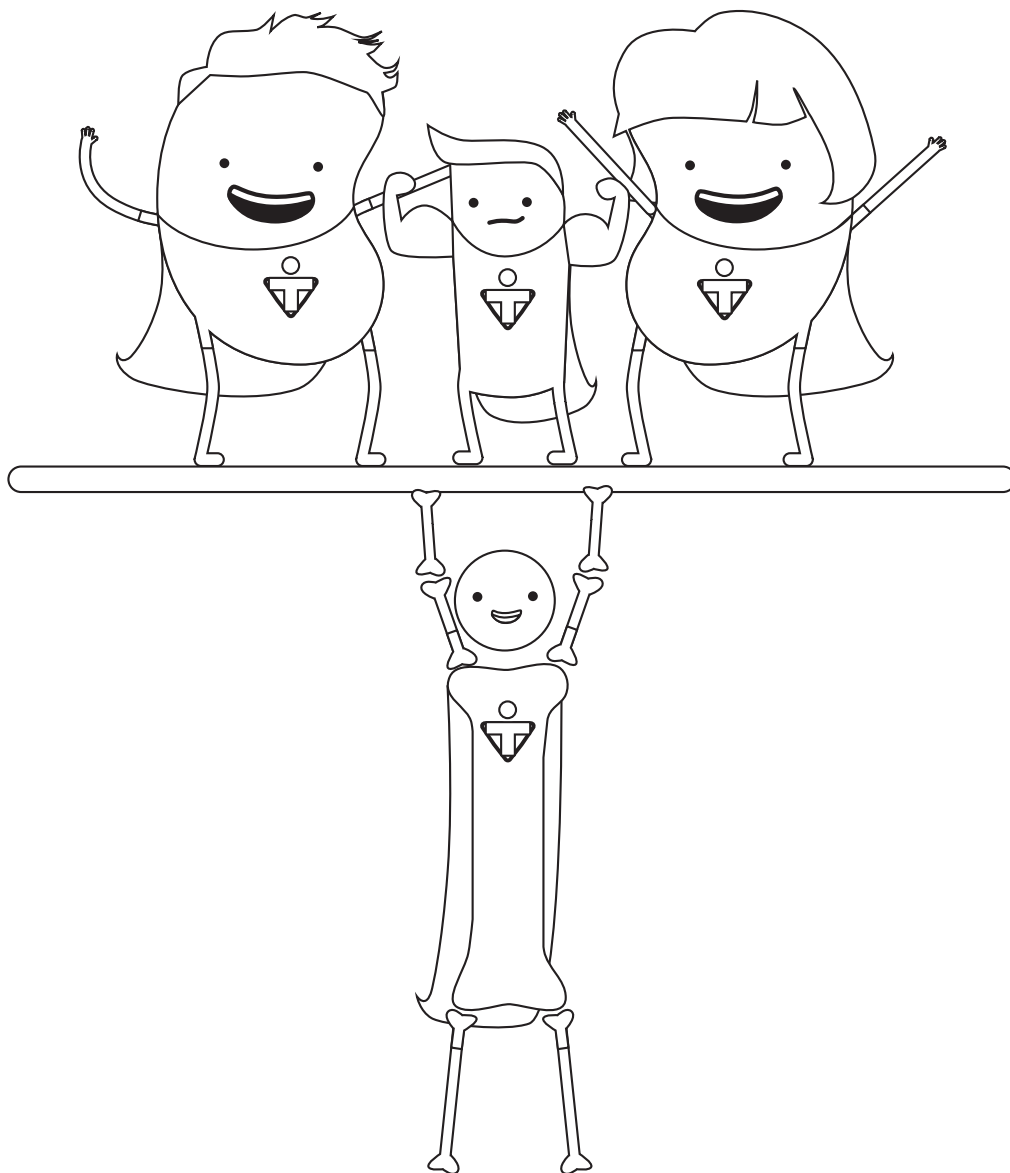




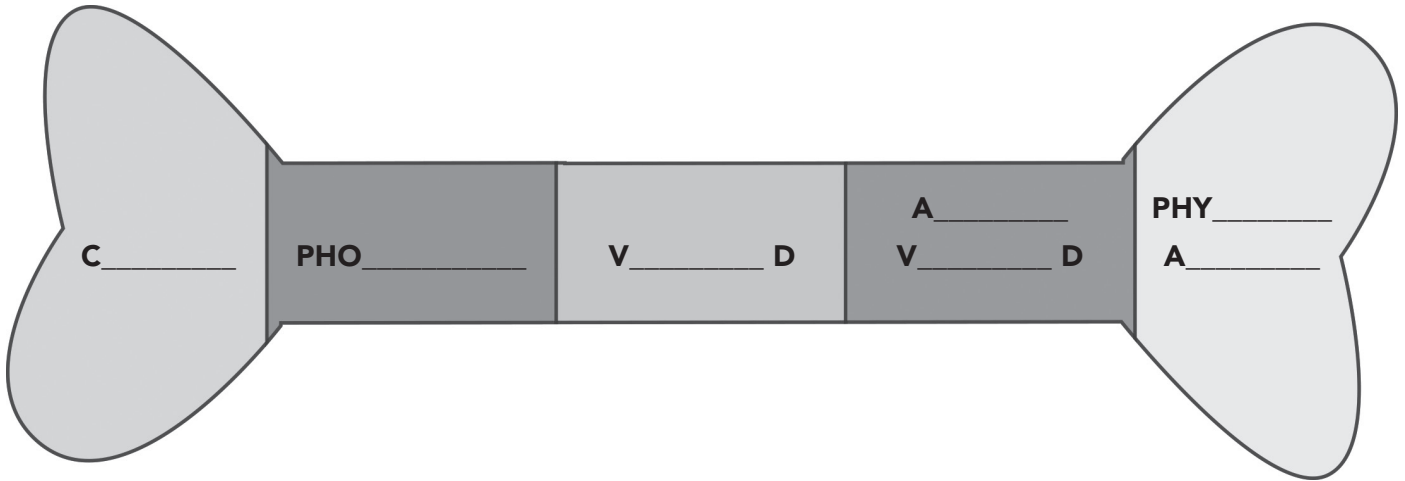
HEALTHY KIDNEYS

BONE HEALTH ACTIVITY SHEET



STRONG BONE RECIPE

Do you remember the five main ingredients to build strong bones?



Which foods will help your body make strong bones? Circle them!

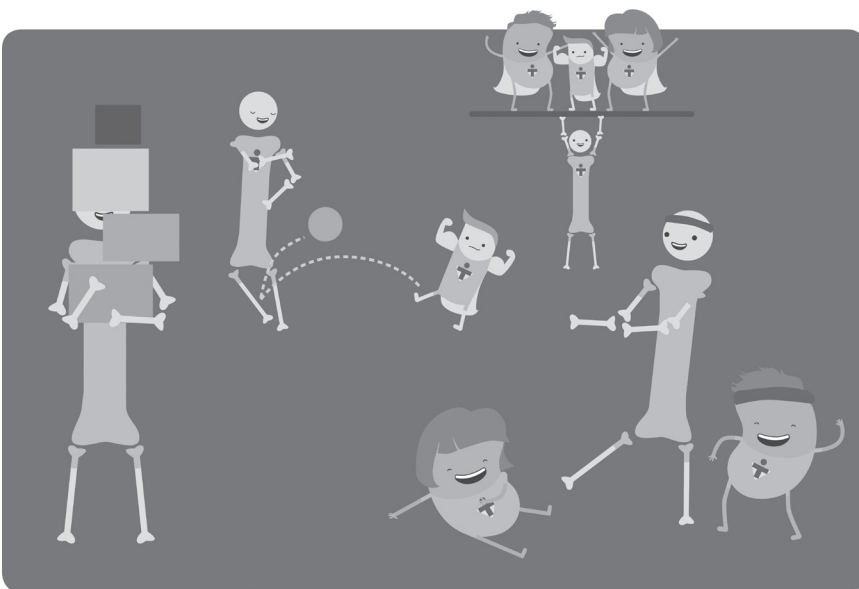


BONE HEALTH WORD SEARCH

Can you find these words? They can be forwards, backwards or diagonal.

S	S	T	R	W	E	R	E	C	Y	C	L	E	V	O
N	D	G	B	D	H	T	S	O	N	E	R	E	I	C
I	O	P	E	N	J	O	A	E	U	F	K	H	T	I
Q	O	B	S	I	G	Q	L	H	N	I	S	H	A	O
L	F	T	F	M	E	X	B	E	P	O	T	E	M	R
O	D	P	Q	A	K	Z	Q	A	F	S	B	P	I	M
K	E	T	O	T	X	K	H	M	L	O	O	S	N	J
P	S	M	U	I	C	L	A	C	D	A	O	H	S	L
P	S	R	P	V	P	S	S	N	T	U	N	D	P	N
M	E	C	W	E	E	D	I	S	R	A	D	C	S	J
A	C	I	E	V	I	M	D	L	B	O	B	T	E	V
E	O	S	P	I	A	I	Z	T	R	W	I	A	G	E
J	R	C	L	T	O	M	C	Q	M	S	W	G	B	V
D	P	W	I	C	G	K	F	K	W	H	S	P	C	C
W	X	V	I	A	B	L	O	O	D	T	E	S	T	E

- ACTIVE VITAMIN D
- BALANCE
- BLOOD TEST
- BONES
- CALCIUM
- PHOSPHATE
- PROCESSED FOODS
- RECYCLE
- VITAMIN D
- VITAMINS
- WHOLE FOODS



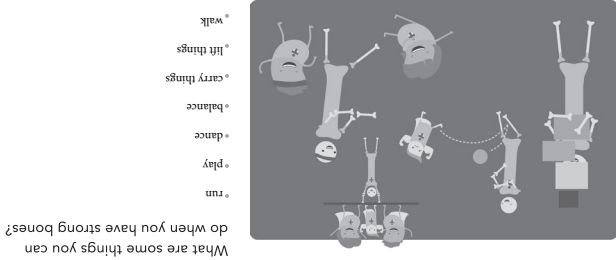
What are some things you can do when you have strong bones?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

IMPORTANT THINGS I LEARNED:

- _____
- _____
- _____
- _____
- _____

ACTIVITY ANSWER KEY:



What are some things you can do when you have strong bones?

W	X	V	A	B	L	O	O	D	T	E	S	T	E
D	P	W	C	G	K	F	K	H	S	P	C	C	
J	R	C	L	T	O	M	C	G	M	S	W	G	B
E	O	S	P	I	A	I	Z	T	R	W	I	A	G
A	C	I	E	V	I	M	D	L	B	O	B	T	E
M	E	C	W	E	D	I	S	R	A	D	C	S	J
P	S	R	P	V	P	S	S	N	T	U	N	D	P
P	S	M	U	I	C	L	A	C	D	A	O	H	S
K	E	T	O	T	X	K	H	M	L	O	S	N	J
O	D	P	O	A	K	Z	O	A	F	O	S	B	P
L	F	T	F	M	E	X	B	E	P	O	T	E	M
O	B	S	I	G	O	L	H	N	I	S	H	A	O
I	O	P	E	N	J	O	A	E	U	F	K	H	T
N	D	G	B	D	H	T	S	O	N	E	R	E	I
S	T	R	W	E	R	E	C	Y	C	L	E	V	O

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STRONG BONE RECIPE
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