

Powerful BONES

Powerful Girls

Are you as Bone-Health Savvy as you think? Yeah, you're smart about school, guys, and the real scoop on all the hot bands but do you know enough about powerful bones? Take this quiz to see how much you really know!

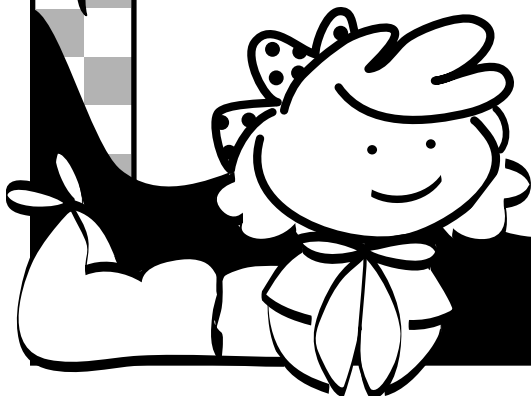
1. You're babysitting your little sister and you have to make a healthy dinner with vegetables. What should a bone-smart babysitter pick?
 - a. French Fries - Potatoes are a vegetable, right?
 - b. Broccoli - With low-fat cheese for even more calcium.
 - c. Skip the vegetable, mom will never know.
 - d. Lima beans - Your sister can't stand them.
2. Your best friend's mom - a total health fanatic - says "ok" to a sleepover party, but only with a healthy party menu. With bone health in mind, you suggest...
 - a. Fried chicken.
 - b. Potato chips and more potato chips.
 - c. Bok choy and tofu - feast on Chinese or Japanese food.
 - d. Forget it - a sleepover with healthy food is lame.
3. Mom and dad are away! You could drink soda all day, but for strong bones you...
 - a. Slurp up the soda anyway.
 - b. Drink fruit punch.
 - c. Go for fat-free or low-fat milk and orange juice with added calcium.
 - d. Drink diet soda.
4. It's been storming for days and you're tired of being shut in. What is the best way to get some weight-bearing physical activity?
 - a. Forget it and catch up on TV reruns.
 - b. Find a comfy chair and chat on the phone.
 - c. Do some stretches while watching movies. At least it's some activity.
 - d. Clear some space and jump rope.
5. You totally love your swim team, but to get some weight-bearing physical activity, too, you...
 - a. Add gymnastics or soccer to your routine.
 - b. Quit. If your bones aren't getting a workout, why bother?
 - c. Switch to skateboarding.
 - d. One thing at a time! Swimming is the only sport for you.
6. You're eating out with friends after a basketball game. Everyone orders chicken tenders and soda, but for healthy bones you order...
 - a. Chicken tenders and soda too - why be difficult?
 - b. Chicken tenders and a milkshake - a yummy way to get calcium.
 - c. Nothing - there's no healthy fast food.

Chill out with a smoothie!

Chocolate Peanut Butter Cup

Combine 1½ cups fat free milk with a big squeeze of chocolate syrup, 2 tablespoons creamy peanut butter and ½ cup low fat chocolate frozen yogurt in a blender.

Blend until smooth. Enjoy!





Think You're a
Powerful Girl?

Keep taking this quiz to find out!

7. Your parents think you get all the physical activity you need in PE class, so they don't worry about physical activities at home. What should you do?
 - a. Find time after school for bone-healthy activities like karate or playing frisbee.
 - b. Just take a little "exercise vacation" to think about it.
 - c. Let it be - your folks must be right.
 - d. Nothing - walking around school is enough.
8. Your best pal won't drink milk or eat yogurt or cheese, either. But calcium is important for strong bones. What can you do?
 - a. It's really none of your business.
 - b. There aren't any other foods with calcium.
 - c. Tell her about other foods with calcium like broccoli and orange juice with added calcium.
 - d. Who needs calcium? Isn't weight-bearing physical activity enough?
9. You're psyched. You're in the school play, and you've landed the leading role. But afternoon rehearsals mean less physical activity. How can you fit it all in?
 - a. No big deal - you're walking around the stage.
 - b. Take a brisk walk, jog around the neighborhood, or do an aerobics video in the morning.
 - c. Give up the part in the play.
10. Summer vacation at an amusement park! Your brother wants to grab dinner at the corn dog stand. And for calcium?
 - a. Choose grilled cheese and a smoothie instead.
 - b. Go along with your brother, why bother with calcium?
 - c. Just go home - why should your brother get HIS way?
11. It's Saturday and you're playing basketball with friends when it starts to rain! What should a powerful girl do?
 - a. Tell your friends they might as well go home.
 - b. Get out your board games.
 - c. Pick a few CDs and make up dance routines.
12. School's out for the summer - Yeah! How can you have a bone-healthy summer?
 - a. Ask for tennis lessons - now you have the time.
 - b. Don't. You worked too hard during the school year to move a muscle all summer.
 - c. Veg out for awhile. You'll probably get enough exercise helping out mom or dad around the house.

1) B; 2) C; 3) C; 4) D; 5) A; 6) B; 7) A; 8) C; 9) B; 10) A; 11) C; 12) A

The best choices for powerful bones are:

The Powerful Girl Quiz Answers

To check out more of the Powerful Bones. Powerful Girls. The National Bone Health Campaign™ visit www.cdc.gov/powerfulbones/

