



# Fitness, Nutrition and Bone Health

*“Fit for Life!”*

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# Fit for Life Worksheet

## Word Bank

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**Tobacco**

**Silent**

**206**

**206**

**60**

**Heart**

**1300**

**Index**

**Holes**

**Healthy**

**Brain**

**Cheese**

**Body**

**Strong**

**Mass**

**Milk**

**30**

**Athletic**

**Caffeine**

**Excavators**

**Liver**

**Active**

**Muscular**

**Femur**

**Ears**

**Blood Cells**

**Alcohol**

**Sun**

**Vitamin D**

**Lungs**

**Builders**

**11**

**Broccoli**

## Fitness, Nutrition, and Bone Health Worksheet

1. List several words to describe someone who is fit? \_\_\_\_\_  
\_\_\_\_\_.
2. Three important numbers: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
3. The skull protects the \_\_\_\_\_. The ribs protect the \_\_\_\_\_, \_\_\_\_\_  
and \_\_\_\_\_.
4. The largest bone is the \_\_\_\_\_ and the smallest bones are found in our \_\_\_\_\_.
5. \_\_\_\_\_ are manufactured in our biggest bones.
6. How many bones are in our bodies \_\_\_\_\_?
7. Osteoclast cells clean out weaken bones tissue, they are also called \_\_\_\_\_.
8. Osteoblasts cells deposit materials to fill weaken bone, they are also called: \_\_\_\_\_.
9. A healthy person has approximately \_\_\_\_ cups of calcium in their bones at their peak mass.
10. Peak bone mass is reached by the age of \_\_\_\_\_.
11. Osteoporosis means "bones full of \_\_\_\_\_".
12. Osteoporosis is called the \_\_\_\_\_ disease because you don't know you have  
it until it's too late.
13. List foods rich in calcium: \_\_\_\_\_.
14. We need \_\_\_\_\_ mgs of calcium each day.
15. \_\_\_\_\_ is needed to help bones absorb calcium.
16. Vitamin D comes from the \_\_\_\_\_.
17. Middle school students should get at least \_\_\_\_\_ minutes of exercise every day.
18. \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ can damage our bones.
19. BMI stands for \_\_\_\_\_.

***"I pledge to make the following health habit this month"***

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## "CALCIUM COUNTER"

<b>DAIRY</b>	<b>AMOUNT</b>	<b>CALCIUM (mg)</b>
Milk (whole, 2%, 1%, fat free)	1 Cup	276-299
Yogurt, plain (low fat)	8 oz.	415
Yogurt (fruit)	8oz.	245-384
Yogurt (frozen)	½ Cup	103
Ice Cream/Ice Milk	½ Cup	84
American Cheese	1 oz.	174
Cheddar Cheese	1.5 oz.	307
Cottage Cheese (1% milk fat)	½ Cup	69
Mozzarella Cheese (part skim)	1.5 oz.	333
Parmesan Cheese	1 Tbsp.	69
Swiss Cheese	1 oz.	272
<b>FRUITS</b>		
Orange	1 medium	52
Raisins	½ Cup	40
Calcium Fortified OJ	1 Cup	349
<b>VEGETABLES</b>		
Greens (cooked from frozen) -Kale, Turnip, or Mustard	1 Cup	90-148
Broccoli (cooked)	1 Cup	72
Spinach (cooked)	1 Cup	245
<b>PROTEIN FOODS</b>		
Sardines (canned with bones)	3 oz.	325
Salmon (pink, canned with bones)	3 oz.	181
Peanut Butter	2 Tbsp.	13
Soybeans (cooked)	1 Cup	261
<b>GRAINS</b>		
Bread, Whole Wheat	1 slice	30
Tortilla, corn	1 medium	46
Tortilla Chips	1 oz.	80
Calcium Fortified Cereal	1 Cup	100-1000
<b>COMBINATION GROUP</b>		
Macaroni and Cheese	1 Cup	360
Cheese Pizza	1 slice	140
Lasagna	8 oz.	460
Grilled Cheese Sandwich	1	2

**Goals for Teens = 1300mg calcium every day**

**Additional Information: <https://ods.od.nih.gov/factsheets/Calcium-Consumer/>**



## Fitness, Nutrition, and Bone Health

# “Fit for Life”

**Body Mass Index (BMI)** – a simple tool used by the Centers for Disease Control (CDC) to determine if your weight is in a healthy range for your height and age. The following website takes you to a special BMI calculator for teens and children. Depending on your percentile, you will be classified as underweight, normal or healthy weight, overweight, or obese. To calculate your BMI, go to the following:

<https://www.cdc.gov/healthyweight/bmi/calculator.html>

\*Remember that the BMI is not completely accurate for children and teens due to the fact that their bodies are still growing. As you grow older, your numbers may change.

### The Consequences of Obesity

- **Diabetes** – One of the leading causes of death in America. Type II diabetes develops due to obesity, inactivity, poor diet and family history. The pancreas produces insulin but the body cannot use it effectively.
- **Sleep Apnea** – A condition that causes an individual to stop breathing for short periods of time during sleep. Obesity increases the risk due to excess weight around the neck which can narrow the airway.
- **Cardiovascular Disease** – Obesity can lead to hardening of the arteries which can begin in childhood. Healthy diet and exercise can help prevent heart attacks and strokes.
- **Kidney Disease** – High blood pressure associated with obesity and diabetes may lead to kidney failure and death.
- **Arthritis of the bones** – Obesity can cause too much strain on the hip and knee joints, resulting in surgical replacement.

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# Superfoods



Tomatoes and Peppers

Green Tea

Dark Chocolate

Nuts and Seeds

Berries

Sweet Potatoes



Yogurt

Salmon

Whole Grains and Oats

Dark Leafy Greens

Broccoli/Cabbage/Brussel Sprouts

Garlic and Onions

Avocados

Beets

Beans and Legumes

Watermelon

Oranges

Cherries

Pumpkin

Eggs

Mushrooms

Spices:  
(cinnamon, turmeric, ginger,  
mustard)

Olives/Olive Oil



# Items to Limit



Soft Drinks – Coke, Sprite, Pepsi,  
root beer, etc.

High Energy Drinks – Red Bull, Amp,  
Monster, Full Throttle, etc.

White bread, buns, pasta and rice

Sugar

High fructose corn syrup

Salt

Chips

Candy, cookies, and donuts

Vending machine snacks

French fries

Desserts

Smoothies and Frappuccino

Butter and Margarine

Saturated fats – animal products

Trans fats or hydrogenated fats

