



Question :

How many portions of milk, cheese or yogurt should we eat daily?
 (a) 3 (b) 5 (c) 7

(a) 3

Question :

What counts as a portion?
 (a) a glass of milk (b) a cube of cheese (c) a tub of yogurt

All of them!

Question :
 How many bones does a body have?
 (a) 106 (b) 206 (c) 306

(b) 206

Question :
 What is the chemical symbol for calcium?
 (a) Ca (b) C (c) Ac

(a) Ca



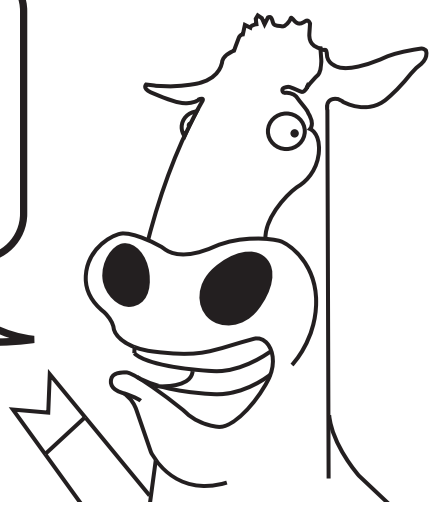
Both! True

Question :
 What do bones need to grow strong?
 (a) Calcium (b) Exercise

Moosli "For cheese a jolly good fellow"

Joke : What do cows eat for breakfast?
Joke : What do cows sing at birthday parties?

Why not colour in the outlines



How to make a

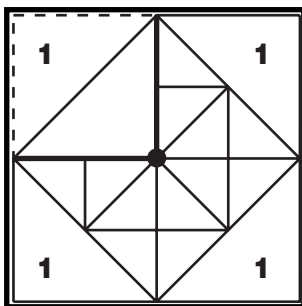
Finger puzzle



Instructions:

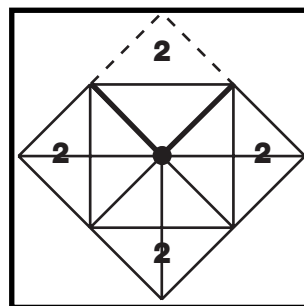
you will need:

- scissors
- colouring pencils & pens



step 1:

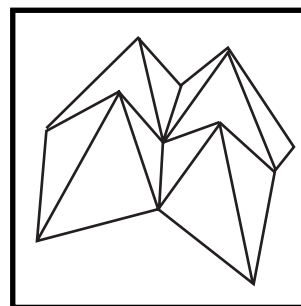
Cut the puzzle to the outer square shape. Flip the paper over (picture side down) and fold corners (1) into the centre point to form a diamond.



step 2:

Flip the paper back over (picture side up) and fold corners (2) into the centre to form a small square.

Fold the square in half. Unfold and fold in half the other way.



step 3:

Unfold and pull the four ends together, making a diamond-like shape. Pick up each of the four square flaps, and put your fingers inside. You will be able to move the four parts around.

why not colour
in the outlines



Teacher's notes

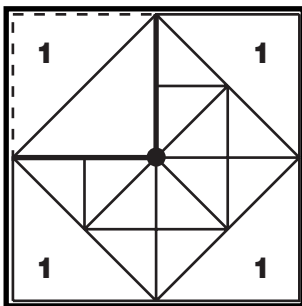
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Instructions:

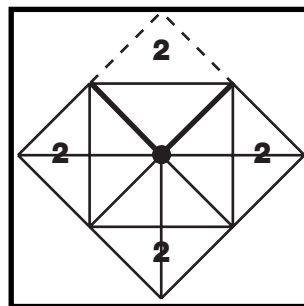
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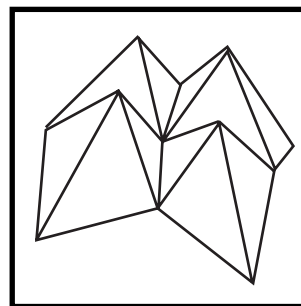
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Learning outcomes:

- Children will understand the relationship between diet & health and the importance of calcium for bone health.