

Worksheet 3.2a

Osteoporosis



Osteoporosis currently affects 1.2 million Australians, and this number is expected to grow. It currently affects one in every five women and approximately one in 20 men (Dairy Australia, n.d.-c). The essential factors for maintaining strong bones throughout life include weight-bearing exercise, eating calcium-rich foods like milk, cheese, and yoghurt, and vitamin D from safe sun exposure.

1. Complete the table below to show the visual differences between a bone with osteoporosis and a healthy bone.

| Bone with osteoporosis | Healthy bone |
|------------------------|--------------|
| | |

2. What can you do throughout your lifetime to maintain strong and healthy bones and help lower the risk of osteoporosis?

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Worksheet 3.2b

Dairy Quick Facts Crossword



Across

3. Milk, cheese, and yogurt are all _____ foods.
5. People who have their recommended serves of the dairy food group every day are more likely to achieve their Recommended Dietary Intake (RDI) of _____.
7. Almost half of all Australian _____ do not consume enough calcium every day to meet their requirements.
9. What does BMD stand for? Bone Mineral _____.
11. One tub of _____ equals one serve of dairy.
13. How many serves of the dairy food group should a 10 year old girl eat every day?
14. When you increase your BMD you can increase the size and _____ of your skeleton.
15. 99% of calcium is found in your bones and _____.

Down

1. _____ D is a bone building nutrient. To reduce the risk of _____ bones you need to achieve your RDI of calcium.
2. Along with water, what is the best drink for you? _____
6. Dairy foods are packed full of what? _____.
8. RDI means the ideal amount to eat and drink every day for good _____.
10. One serve of dairy can be two slices of _____.
12. Z_____ is a nutrient found in dairy foods.

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