## 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 weightbearing 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

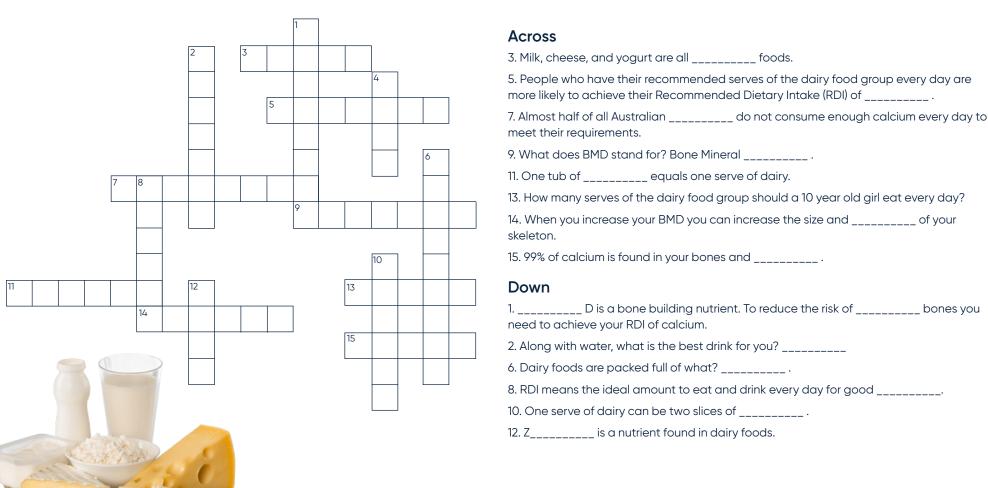
2. What can you do throughout your lifetime to maintain strong and healthy bones and help lower the risk of osteoporosis?

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## Worksheet 3.2b

## **Dairy Quick Facts Crossword**





**Discover Aussie Dairy**