

**CALCIUM WITHOUT DAIRY**

**1.0 HRS**

**ILLINOIS CHILD CARE BUREAU**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
\_\_\_\_\_  
*Provider Signature* *Date Completed*

**CIRCLE YOUR ANSWER, FILL IN THE BLANKS OR CIRCLE T (TRUE) OR F (FALSE):**

1. Calcium is necessary for the following functions:  
a) muscle contraction    b) blood vessel contraction/expansion    c) secretion of hormones and enzymes  
d) sending messages via the nervous system    e) ALL ANSWERS (a,b,c and d)
2. Most of the calcium in our body is stored in the \_\_\_\_\_ and \_\_\_\_\_.
3. Most of our calcium “savings account” is deposited during childhood. T    F
4. Name the three minerals and/or vitamins necessary for healthy bones.  
\_\_\_\_\_
5. Even though we, as a nation, eat lots of dairy products, our rate of osteoporosis (thin bones) is very high in comparison to some countries where less dairy is consumed. T    F
6. Research is being conducted to try to figure out why the above may be true. T    F
7. How much calcium is required daily for a 3 year old? \_\_\_\_\_ mg    A 10 year old? \_\_\_\_\_mg
8. The recommended adequate intakes for Vitamin D range from 200 IU – 600 IU’s for all ages. T    F
9. Phosphorus and magnesium are not found in too many foods. T    F
10. A glass of milk supplies about how many mg of calcium. \_\_\_\_\_mg
11. Many foods that we can buy are fortified with additional calcium T    F
12. Reading the Nutrition Facts label on any food will help you determine the calcium content. T    F
13. Broccoli, kale and collard greens are loaded with calcium. T    F
14. Eating lots of spinach is also a good way to get extra calcium. T    F
15. Our bodies can absorb over 1000 mg of calcium at a time. T    F
16. Vitamin D helps the body to absorb calcium. T    F
17. Limiting sodium (salt) intake to no more than about 2300mg per day is suggested for overall good health. T    F
18. If you decide to take a calcium supplement, it is best to buy the pills with the highest amount of calcium and take them between meals. T    F
19. Elemental calcium refers to the amount of calcium in a supplement that is available for your body to absorb. T    F
20. Exercise, such as weight lifting, is not very important in maintaining bone health. T    F