

Student:	ID:	Circle Gender & Grade	Male or Female	6	7	8	9	10	11	12
Teacher:	Class Period:	Subject:	Date:							

OsCosts: Banking on Healthy Bones
Pre/Post Test – Revision B – ANSWER SHEET

For each item, carefully color in the circle with the letter that corresponds with the answer you choose.

-
1. A B C

 2. A B C

 3. A B C

 4. A B C

 5. A B C

 6. A B C

 7. A B C

 8. A B C

 9. A B C

 10. A B C

PRE

Student:	ID:	Circle Gender & Grade	Male or Female	6	7	8	9	10	11	12
Teacher:	Class Period:	Subject:	Date:							

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Pre/Post Test – Revision B – ANSWER SHEET

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-
1. A B C

 2. A B C

 3. A B C

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 7. A B C

 8. A B C

 9. A B C

 10. A B C

POST

OsCosts: Banking on Healthy Bones
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ANSWER KEY

1. Which areas of the skeleton are most likely to be affected by osteoporosis?
A. wrists, spine, hip
2. Which female population is at highest risk for osteoporosis?
A. White
3. Which is a lifestyle risk factor for osteoporosis?
B. exercise
4. Which is an example of a weight-bearing exercise that strengthens bones?
C. Walking
5. If taking a calcium supplement, the best practice is to take
B. a portion with each meal.
6. To prevent falls in the home, keep
C. floor free from spills.
7. For good bone health, we need calcium and
B. Vitamin D.
8. A 55-year old male with a bone mass represented by 550 grams of calcium is ____ the fracture threshold.
A. above
9. The graph indicates that women have _____ than men.
C. earlier loss of bone mass
10. When is the best time to increase bone density?
A. birth to 20 years of age