

GREEN CHOICE CARDS

Photocopy the following “Choice Cards” on green paper or cardstock. Cut out each card and print the word “Choice Card” on the back of each card. Provide the “Os Master” with this copy of the green “Choice Cards” information

Green — Choice Card #1

As you move from infancy to young adulthood, your calcium needs change. You should —

- a. *increase your calcium intake*
- b. *decrease your calcium intake*
- c. *not change your calcium intake*

Green — Choice Card #2

Exercise can be good for strengthening bones. Which will you choose to best strengthen your bones?

- a. *skipping rope*
- b. *playing Scrabble*
- c. *swimming*

Green — Choice Card #3

Weight-bearing activities will help increase your bone strength. Choose the activity that will be most helpful to your bones.

- a. *water aerobics*
- b. *walking*
- c. *using the stair-step machine*

Green — Choice Card #4

Which activity will you choose to increase your bone strength the most?

- a. *bicycling*
- b. *golfing - no golf cart!*
- c. *weight lifting*

Green — Choice Card #5

You are in your school cafeteria line choosing a beverage for lunch. Select the beverage that will provide you with the most calcium.

- a. *milk*
- b. *iced tea*
- c. *orange juice*

Green — Choice Card #6

In order to help your body make Vitamin D, you will

- a. *avoid exposure to sunlight*
- b. *spend a little time out in the sun each day*
- c. *walk in the moonlight*

Green — Choice Card #7

To aid your digestive tract in absorbing calcium into the bloodstream, you will make sure you eat foods that are fortified with

- a. *Vitamin B*
- b. *Vitamin D*
- c. *Vitamin K*

Green — Choice Card #8

Select the seafood item that provides you with the most calcium.

- a. *raw oysters*
- b. *sardines*
- c. *canned salmon*

Green — Choice Card #9

Calcium is found in some frozen desserts. Which dessert treat would you choose for the most calcium?

- a. *ice cream sandwich*
- b. *fruit juice bar*
- c. *pudding pop*

Green — Choice Card #10

Calcium is found in breakfast foods. Which breakfast snack would you choose for the most calcium?

- a. *one bagel*
- b. *one English muffin*
- c. *two powdered sugar donuts*

Green — Choice Card #11

Calcium is found in some desserts. Which dessert treat would you choose for the most calcium?

- a. *slice of chocolate cake*
- b. *slice of cheesecake*
- c. *slice of homemade pound cake*

Green — Choice Card #12

Select the meat group which, overall, provides the most calcium.

- a. *beef*
- b. *seafood*
- c. *poultry*

Green — Choice Card #13

Choose a snack that will provide the most calcium.

- a. *bag of almonds*
- b. *bag of sunflower seeds*
- c. *bag of peanuts*

Green — Choice Card #14

Select the green vegetable that would give you the most calcium?

- a. *broccoli*
- b. *collard greens*
- c. *bok choy*

Green — Choice Card #15

If you were "Lactose Intolerant," which beverage could you pick to go with your meal to provide calcium?

- a. *glass of 2% milk*
- b. *glass of milk with "Lactase Drops" added*
- c. *glass of water*

Green — Choice Card #16

Select the beverage which would be the best source of calcium for your friend who is "Lactose Intolerant."

- a. *glass of acidophilus milk*
- b. *glass of water*
- c. *glass of whole milk*

Green — Choice Card #17
How many times have you eaten cheese in the last week?

- a. 1-2
- b. 3-4
- c. 5 or more

Green — Choice Card #18
You have a free choice day in P.E. class. For good bone health, which activity would you choose?

- a. walking around the track
- b. sit on the bleachers and visit with friends
- c. practice bows and arrows at the archery range

Green — Choice Card #19
You have a free indoor choice day in P.E. class. For good bone health, which activity would you choose?

- a. working out on the weight machines
- b. exercising on the stationary bike
- c. doing sit-ups

Green — Choice Card #20
The ingredients in some beverages can harm bone health. Select the beverage that is LEAST likely to interfere with bone health.

- a. beer
- b. coffee
- c. fruit juice

Green — Choice Card #21
You would like to lose weight. Which of the following diet plans would you choose?

- a. reduce calories by eliminating dairy products
- b. eat smaller servings of balanced meals
- c. skip breakfast and lunch each day

Green — Choice Card #22
You want to be strong enough to make the varsity team; you choose to:

- a. drink milk and lift weights
- b. lift weights
- c. take steroids

Green — Choice Card #23
How many 8-ounce servings of milk have you had in the last three days?

- a. 1-2
- b. 3-4
- c. 5 or more

Green — Choice Card #24
To make your "spare time" "bone-building time," you could

- a. play checkers
- b. play tennis
- c. do leg stretches

Green — Choice Card #25

Smoking weakens bones. Your friend has been smoking for 6 months. He wants you to join him. You choose to:

- a. say "NO" and convince him to quit
- b. say "NO" and not worry about him
- c. start smoking

Green — Choice Card #26

Your grandmother has osteoporosis and has already fractured a wrist once. When she makes visits to your home, you can make things safer for her if you:

- a. use small throw rugs throughout the house
- b. make sure all areas are well lit
- c. remove the throw rugs and keep areas well lit

Green — Choice Card #27

You have a family history of osteoporosis. You can

- a. accept that there is nothing you can do to reduce your risk of osteoporosis
- b. take your calcium tablets when you settle down to watch TV
- c. maintain a healthy, balanced, yet calcium-rich diet and get regular exercise

Green — Choice Card #28

How many times have you eaten yogurt in the last week?

- a. 1–2
- b. 3–4
- c. 5 or more

Green — Choice Card #29

Select the beverage that is the best source of calcium.

- a. milk
- b. orange juice
- c. water

Green — Choice Card #30

To make your baked potato a better source of calcium, just

- a. add one tablespoon of sour cream and eat the peel
- b. add one tablespoon of butter and eat the peel
- c. add one tablespoon of salt

Green — Choice Card #31

Proper posture helps muscle strength and balance. You always try to sit with your shoulders slightly pinched together and your lower back slightly arched. Select the other posture habits that will improve how you sit.

- a. hold stomach and upper back flat
- b. hold stomach out
- c. hunch upper back forward

Green — Choice Card #32

You have signed up for Karate classes to help build your confidence. Karate was a good choice for your bones because it also

- a. helps strengthen muscles and improves balance
- b. increases flexibility and confidence
- c. helps you defend yourself

Green — Choice Card #33

Besides getting plenty of rest and good calcium-rich food, to help your broken foot heal, you will chose to

- a. *follow the prescribed physical therapy for your foot*
- b. *place all of your weight on the foot each time you take a step*
- c. *keep your foot elevated at all times, never walking until the healing time is up*

Green — Choice Card #34

You have signed up for weekly tap and ballet classes. Good for you! You chose

- a. *not to practice the steps between classes, but still attend classes*
- b. *to practice only once a week outside of class*
- c. *to practice at least three times a week before class*

INFORMATION FOR “OS MASTER” GREEN CHOICE CARDS

Provide the “Os Master” with this copy of the green “Choice Cards” information

Green — Choice Card #1

As you move from infancy to young adulthood, your calcium needs change. You should —

- | | |
|--|-------------------------------|
| <i>a. increase your calcium intake</i> | <i>earn 100 “Osteo-coins”</i> |
| <i>b. decrease your calcium intake</i> | <i>pay 25 “Osteo-coins”</i> |
| <i>c. not change your calcium intake</i> | <i>pay 25 “Osteo-coins”</i> |

Green — Choice Card #2

Exercise can be good for strengthening bones. Which will you choose to best strengthen your bones?

- | | | |
|----------------------------|-------------------------------|-----------------------------|
| <i>a. Skipping rope</i> | <i>earn 100 “Osteo-coins”</i> | <i>(weight bearing)</i> |
| <i>b. Playing Scrabble</i> | <i>pay 50 “Osteo-coins”</i> | <i>(no exercise)</i> |
| <i>c. Swimming</i> | <i>earn 25 “Osteo-coins”</i> | <i>(non weight bearing)</i> |

Green — Choice Card #3

Weight-bearing activities will help increase your bone strength. Choose the activity that will be most helpful to your bones.

- | | | |
|--|-------------------------------|-----------------------------|
| <i>a. water aerobics</i> | <i>earn 25 “Osteo-coins”</i> | <i>(non weight bearing)</i> |
| <i>b. walking</i> | <i>earn 100 “Osteo-coins”</i> | <i>(weight bearing)</i> |
| <i>c. using the stair-step machine</i> | <i>earn 50 “Osteo-coins”</i> | <i>(weight bearing)</i> |

Green — Choice Card #4

Which activity will you chose to increase your bone strength the most?

- | | | |
|-----------------------------------|-------------------------------|----------------------------------|
| <i>a. bicycling</i> | <i>earn 25 “Osteo-coins”</i> | <i>(non weight bearing)</i> |
| <i>b. golfing - no golf cart!</i> | <i>earn 50 “Osteo-coins”</i> | <i>(weight bearing, walking)</i> |
| <i>c. weight lifting</i> | <i>earn 100 “Osteo-coins”</i> | <i>(weight bearing)</i> |

Green — Choice Card #5

You are in your school cafeteria line choosing a beverage for lunch. Select the beverage that will provide you with the most calcium.

- | | |
|------------------------|-------------------------------|
| <i>a. milk</i> | <i>earn 100 “Osteo-coins”</i> |
| <i>b. iced tea</i> | <i>earn 25 “Osteo-coins”</i> |
| <i>c. orange juice</i> | <i>earn 50 “Osteo-coins”</i> |

Green — Choice Card #6

In order to help your body make Vitamin D, you will

- | | |
|---|--------------------------------------|
| <i>a. avoid exposure to sunlight</i> | <i>pay 25 “Osteo-coins”</i> |
| <i>b. spend a little time out in the sun each day</i> | <i>earn 100 “Osteo-coins”</i> |
| <i>c. walk in the moonlight</i> | <i>0, no “Os” gain, no “Os” loss</i> |

Green — Choice Card #7

To aid your digestive tract in absorbing calcium into the bloodstream, you will make sure you eat foods that are fortified with

- a. Vitamin B 0, no "Os" gain, no "Os" loss
- b. Vitamin D earn 100 "Osteo-coins"
- c. Vitamin K 0, no "Os" gain, no "Os" loss

Green — Choice Card #8

Select the seafood item that provides you with the most calcium.

- a. raw oysters earn 25 "Osteo-coins"
- b. sardines earn 100 "Osteo-coins"
- c. canned salmon earn 50 "Osteo-coins"

Green — Choice Card #9

Calcium is found in some frozen desserts. Which dessert treat would you choose for the most calcium?

- a. ice cream sandwich earn 100 "Osteo-coins"
- b. fruit juice bar earn 25 "Osteo-coins"
- c. pudding pop earn 50 "Osteo-coins"

Green — Choice Card #10

Calcium is found in breakfast foods. Which breakfast snack would you choose for the most calcium?

- a. one bagel earn 50 "Osteo-coins"
- b. one English muffin earn 100 "Osteo-coins"
- c. two powdered sugar donuts 0, no "Os" gain, no "Os" loss

Green — Choice Card #11

Calcium is found in some desserts. Which dessert treat would you choose for the most calcium?

- a. slice of chocolate cake earn 25 "Osteo-coins"
- b. slice of cheesecake earn 100 "Osteo-coins"
- c. slice of homemade pound cake 0, no "Os" gain, no "Os" loss

Green — Choice Card #12

Select the meat group which, overall, provides the most calcium.

- a. beef earn 50 "Osteo-coins"
- b. seafood earn 100 "Osteo-coins"
- c. poultry earn 25 "Osteo-coins"

Green — Choice Card #13

Choose a snack that will provide the most calcium.

- a. bag of almonds earn 100 "Osteo-coins"
- b. bag of sunflower seeds earn 50 "Osteo-coins"
- c. bag of peanuts earn 25 "Osteo-coins"

Green — Choice Card #14

Select the green vegetable that would give you the most calcium?

- a. broccoli *earn 50 "Osteo-coins"*
- b. collard greens *earn 100 "Osteo-coins"*
- c. bok choy *earn 25 "Osteo-coins"*

Green — Choice Card #15

If you were "lactose intolerant," which beverage could you pick to go with your meal to provide calcium?

- a. glass of 2% milk *pay 25 "Osteo-coins"*
- b. glass of milk with "Lactase Drops" added *earn 100 "Osteo-coins"*
- c. glass of water *earn 25 "Osteo-coins"*

Green — Choice Card #16

Select the beverage which would be the best source of calcium for your friend who is "Lactose Intolerant."

- a. glass of acidophilus milk *earn 100 "Osteo-coins"*
- b. glass of water *earn 25 "Osteo-coins"*
- c. glass of whole milk *pay 25 "Osteo-coins"*

Green — Choice Card #17

How many times have you eaten cheese in the last week?

- a. 1–2 *earn 25 "Osteo-coins"*
- b. 3–4 *earn 50 "Osteo-coins"*
- c. 5 or more *earn 100 "Osteo-coins"*

If the player has not had cheese in the last week, there are no "OsteoCoins" awarded.

Green — Choice Card #18

You have a free choice day in P.E. class. For good bone health, which activity would you choose?

- a. walking around the track *earn 100 "Osteo-coins"*
- b. sit on the bleachers and visit with friends *0, no "Os" gain, no "Os" loss*
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- c. doing sit-ups *earn 25 "Osteo-coins"*

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The ingredients in some beverages can harm bone health. Select the beverage that is LEAST likely to interfere with bone health.

- a. beer pay 50 "Osteo-coins"
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- c. fruit juice earn 100 "Osteo-coins"

Green — Choice Card #21

You would like to lose weight. Which of the following diet plans would you choose?

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- b. eat smaller servings of balanced meals earn 100 "Osteo-coins"
- c. skip breakfast and lunch each day pay 50 "Osteo-coins"

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You want to be strong enough to make the varsity team; you choose to:

- a. drink milk and lift weights earn 100 "Osteo-coins"
- b. lift weights earn 50 "Osteo-coins"
- c. take steroids pay 100 "Osteo-coins"

Green — Choice Card #23

How many 8-ounce servings of milk have you had in the last three days?

- a. 1–2 earn 25 "Osteo-coins"
- b. 3–4 earn 50 "Osteo-coins"
- c. 5 or more earn 100 "Osteo-coins"

If the player has had no milk in the last three days, there are no "Osteo-coins" awarded.

Green — Choice Card #24

To make your "spare time" "bone-building time," you could

- a. play checkers 0, no "Os" gain, no "Os" loss
- b. play tennis earn 100 "Osteo-coins"
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Smoking weakens bones. Your friend has been smoking for 6 months. He wants you to join him. You choose to:

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Your grandmother has osteoporosis and has already fractured a wrist once. When she makes visits to your home, you can make things safer for her if you:

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- b. make sure all areas are well lit earn 50 "Osteo-coins"
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Green — Choice Card #27

You have a family history of osteoporosis. You can

- a. *accept that there is nothing you can do to reduce your risk of osteoporosis*
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- b. *take your calcium tablets when you settle down to watch TV*
earn 25 "Osteo-coins"
- c. *maintain a healthy, balanced, yet calcium-rich diet and get regular exercise*
earn 100 "Osteo-coins"

Green — Choice Card #28

How many times have you eaten yogurt in the last week?

- a. 1-2 earn 25 "Osteo-coins"
- b. 3-4 earn 50 "Osteo-coins"
- c. 5 or more earn 100 "Osteo-coins"

If the player has not had any yogurt in the last week, there are no "Osteo-coins" awarded.

Green — Choice Card #29

Select the beverage that is the best source of calcium.

- a. *milk* earn 100 "Osteo-coins"
- b. *orange juice* earn 50 "Osteo-coins"
- c. *water* earn 25 "Osteo-coins"

Green — Choice Card #30

To make your baked potato a better source of calcium, just

- a. *add one tablespoon of sour cream and eat the peel* earn 100 "Osteo-coins"
- b. *add one tablespoon of butter and eat the peel* earn 50 "Osteo-coins"
- c. *add one tablespoon of salt* pay 25 "Osteo-coins"

Green — Choice Card #31

Proper posture helps muscle strength and balance. You always try to sit with your shoulders slightly pinched together and your lower back slightly arched. Select the other posture habits that will improve how you sit.

- a. *hold stomach and upper back flat* earn 100 "Osteo-coins"
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You have signed up for Karate classes to help build your confidence. Karate was a good choice for your bones because it also

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- c. *helps you defend yourself* 0, no "Os" gain, no "Os" loss

Green — Choice Card #33

Besides getting plenty of rest and good calcium-rich food, to help your broken foot heal, you will chose to

- a. *follow the prescribed physical therapy for your foot* *earn 100 "Osteo-coins"*
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- c. *keep your foot elevated at all times, never walking until the healing time is up* *pay 25 "Osteo-coins"*

Green — Choice Card #34

You have signed up for weekly tap and ballet classes. Good for you! You chose

- a. *not to practice the steps between classes, but still attend classes* *earn 25 "Osteo-coins"*
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- c. *to practice at least three times a week before class* *earn 100 "Osteo-coins"*