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|----------|---------------|---------------------------------------|-------|---|---|---|----|----|----|
| Name: | 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**

For each item, circle the letter to the left that corresponds with the answer you choose.

1. Which areas of the skeleton are most likely to be affected by osteoporosis?
 - A. wrists, spine, hip
 - B. wrists and ankles
 - C. arm, feet, hip

2. Which female population is at highest risk for osteoporosis?
 - A. White
 - B. Black
 - C. Asian

3. Which is a lifestyle risk factor for osteoporosis?
 - A. climate
 - B. exercise
 - C. heredity

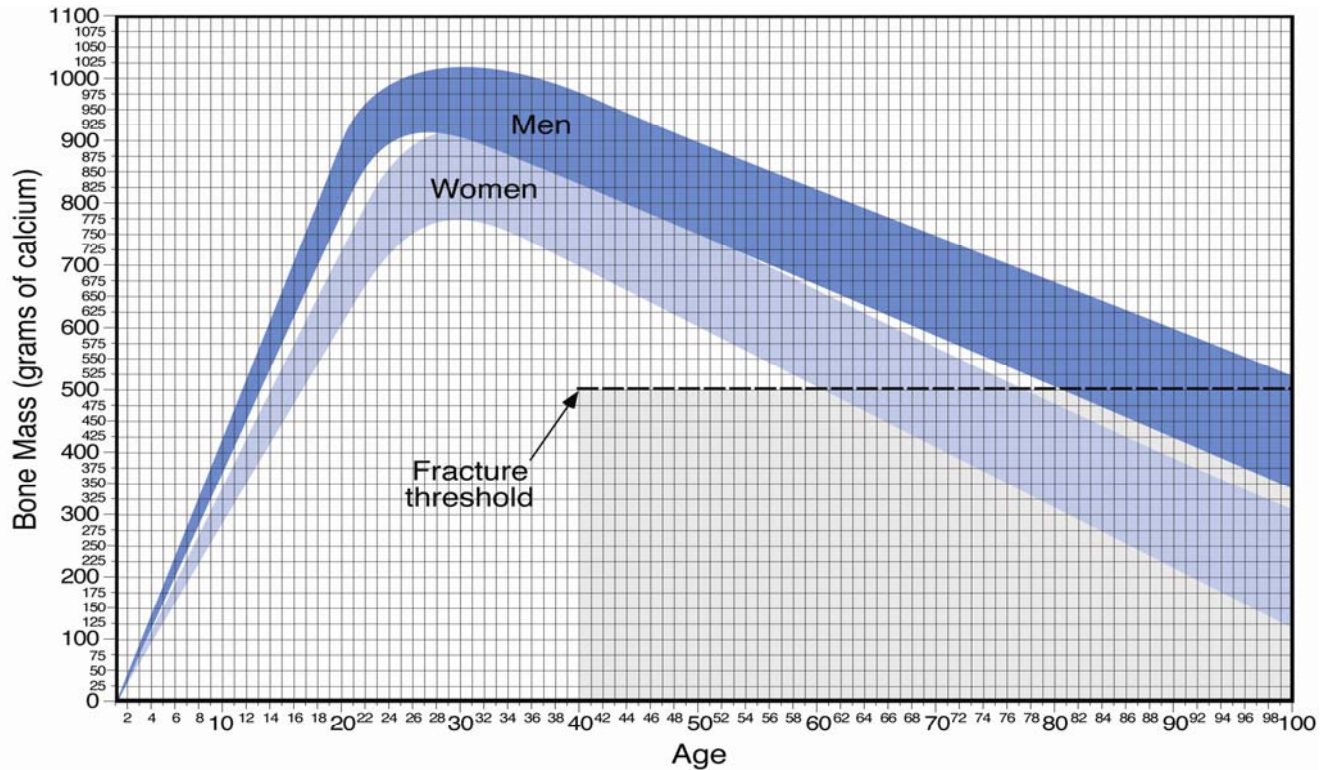
4. Which is an example of a weight-bearing exercise that strengthens bones?
 - A. Swimming
 - B. Bicycling
 - C. Walking

5. If taking a calcium supplement, the best practice is to take
 - A. the supplement each morning.
 - B. a portion with each meal.
 - C. one tablet each week.

6. To prevent falls in the home, keep
 - A. area rugs on the floor.
 - B. hallways dimly lit.
 - C. floor free from spills.

7. For good bone health, we need calcium and
 - A. Vitamin A.
 - B. Vitamin D.
 - C. Vitamin K.

Use the Bone Density Across the Life Span graph to answer questions 8 -10.



Lichtenstein eps

8. A 55-year old male with a bone mass represented by 550 grams of calcium is ____ the fracture threshold.
 - A. above
 - B. at
 - C. below

9. The graph indicates that women have ____ than men.
 - A. a greater bone mass
 - B. less risk for fracture
 - C. earlier loss of bone mass

10. When is the best time to increase bone density?
 - A. birth to 20 years of age
 - B. 20 to 40 years of age
 - C. 40 to 60 years of age