

YELLOW CHOICE CARDS

Photocopy the following “Choice Cards” on yellow paper or cardstock. Cut out each card and print the word “Choice Card” on the back of each card.

Yellow — Choice Card #1

You were selected to participate in a three-week space flight! You were in a weightless environment. When you return to Earth, you will need to —

- a. *increase your weight-bearing exercise*
- b. *decrease your weight-bearing exercise*
- c. *do nothing differently, as weightlessness has had no effect on you*

Yellow — Choice Card #2

Research shows that most women do not get enough dietary calcium. Select the best time to take a calcium supplement.

- a. *take one 1000 mg tablet at bedtime*
- b. *take small amounts with each meal*
- c. *take one tablet the same time each day with plenty of liquids*

Yellow — Choice Card #3

A woman’s calcium needs change during pregnancy. She should —

- a. *increase her calcium intake*
- b. *decrease her calcium intake*
- c. *not be concerned with her calcium intake*

Yellow — Choice Card #4

Which dessert treat would you choose for the most calcium?

- a. *hard-serve vanilla ice cream*
- b. *soft-serve vanilla ice cream*
- c. *soft-serve vanilla ice milk*

Yellow — Choice Card #5

Which of the following 8-ounce servings of yogurt provide the most calcium?

- a. *low-fat plain yogurt*
- b. *low-fat fruit added yogurt*
- c. *frozen fruit yogurt*

Yellow — Choice Card #6

Daily use of some beverages are harmful to bone-health. Select from these beverages the one LEAST harmful.

- a. *wine*
- b. *coffee*
- c. *decaffeinated tea*

Yellow — Choice Card #7

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*

Yellow — Choice Card #8

When should you consider taking a calcium supplement?

- a. *when you have a family history of kidney stones*
- b. *when your diet is rich in dairy products*
- c. *when you are pregnant*

Yellow — Choice Card #9

Between the ages of 25 and 40, your dietary calcium needs change as compared with your teen years. You are getting adequate calcium if you:

- a. *double your calcium intake*
- b. *decrease your calcium intake by half*
- c. *decrease your calcium intake slightly*

Yellow — Choice Card #10

There is a gym at your work place. You know that exercise can be good for strengthening bones. Which will you choose to best strengthen your bones during your workout?

- a. *lifting weights as part of well-planned regimen*
- b. *walking on the treadmill*
- c. *swimming and water aerobics regimen*

Yellow — Choice Card #11

You want to enter a body building competition for 20–25 year olds. To help prepare for the contest you choose to:

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

Yellow — Choice Card #12

Your mother has been recuperating from a fractured hip in a hospital for the last month. Soon she will be moving in with you and your family. To make your home safe, you:

- a. *use small throw rugs throughout the house*
- b. *secure all loose wiring*
- c. *wax the floors to shiny gloss so mom knows you take good care of the house*

Yellow — Choice Card #13

You and your spouse are planning to start a family. When will you, the new mom, need the most calcium?

- a. *before the pregnancy*
- b. *during pregnancy*
- c. *during breast feeding*

Yellow — Choice Card #14

You need to buy groceries for the family. You want to make sure you purchase calcium-rich foods. You buy:

- a. *cheese, milk, broccoli, and pinto beans*
- b. *chicken, lettuce, green beans, and oranges*
- c. *ground beef, rice, spinach, and apples*

Yellow — Choice Card #15

As a young mother who is breast-feeding her baby, you choose to

- a. *keep up with your new busy schedule, but take calcium when you think about it*
- b. *adjust to your new busy schedule, but forget about taking the extra calcium*
- c. *learn to adjust to your busy schedule, but take time for your calcium*

Yellow — Choice Card #16

You've signed up for Western Dance classes. For the most benefit to your bone health you

- a. *practice at least three times a week.*
- b. *faithfully attend classes once a week.*
- c. *keep good time by tapping your toe to the music.*

Yellow — Choice Card #17

You have recently had surgery to correct a work-related injury to your arm. The bone is healing and you

- a. *attend physical therapy once a week.*
- b. *do a few of the recommended exercises, but skip the physical therapy.*
- c. *attend physical therapy once a week and do the recommended exercises at home.*

INFORMATION FOR “OS MASTER” YELLOW CHOICE CARDS

Photocopy on yellow paper, then provide the “Os Master” with a copy of the “Yellow Choice Cards” information.

Yellow — Choice Card #1

You were selected to participate in a three-week space flight! You were in a weightless environment. When you return to Earth, you will need to —

- a. *increase your weight-bearing exercise* *earn 50 “Osteo-coins”*
- b. *decrease your weight-bearing exercise* *pay 50 “Osteo-coins”*
- c. *do nothing differently, as weightlessness has had no effect on you* *pay 50 “Osteo-coins”*

Yellow — Choice Card #2

Research shows that most women do not get enough dietary calcium. Select the best time to take a calcium supplement.

- a. *take one 1000 mg tablet at bedtime* *pay 25 “Osteo-coins”*
- b. *take small amounts with each meal* *earn 50 “Osteo-coins”*
- c. *take one tablet the same time each day with plenty of liquids* *earn 25 “Osteo-coins”*

Yellow — Choice Card #3

A woman’s calcium needs change during pregnancy. She should —

- a. *increase her calcium intake* *earn 50 “Osteo-coins”*
- b. *decrease her calcium intake* *pay 50 “Osteo-coins”*
- c. *not be concerned with her calcium intake* *pay 50 “Osteo-coins”*

Yellow — Choice Card #4

Which dessert treat would you choose for the most calcium?

- a. *hard-serve vanilla ice cream* *earn 10 “Osteo-coins”*
- b. *soft-serve vanilla ice cream* *earn 25 “Osteo-coins”*
- c. *soft-serve vanilla ice milk* *earn 50 “Osteo-coins”*

Yellow — Choice Card #5

Which of the following 8-ounce servings of yogurt provide the most calcium?

- a. *low-fat plain yogurt* *earn 50 “Osteo-coins”*
- b. *low-fat fruit added yogurt* *earn 25 “Osteo-coins”*
- c. *frozen fruit yogurt* *earn 10 “Osteo-coins”*

Yellow — Choice Card #6

Daily use of some beverages are harmful to bone-health. Select from these beverages the one LEAST harmful.

- a. *wine* *pay 25 “Osteo-coins”*
- b. *coffee* *pay 25 “Osteo-coins”*
- c. *decaffeinated tea* *earn 50 “Osteo-coins”*

Yellow — Choice Card #7

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

- a. 1–2 *earn 10 “Osteo-coins”*
- b. 3–4 *earn 25 “Osteo-coins”*
- c. 5 or more *earn 50 “Osteo-coins”*

If the player has not had milk in the last week, no “OsteoCoins” are given.

Yellow — Choice Card #8

When should you consider taking a calcium supplement?

- a. *when you have a family history of kidney stones* *pay 25 “Osteo-coins”*
- b. *when your diet is rich in dairy products* *0 “Os” gain, no “Os” loss*
- c. *when you are pregnant* *earn 50 “Osteo-coins”*

Yellow — Choice Card #9

Between the ages of 25 and 40, your dietary calcium needs change as compared with your teen years. You are getting adequate calcium if you:

- a. *double your calcium intake* *pay 25 “Osteo-coins”*
- b. *decrease your calcium intake by half* *pay 25 “Osteo-coins”*
- c. *decrease your calcium intake slightly* *earn 50 “Osteo-coins”*

Yellow — Choice Card #10

There is a gym at your work place. You know that exercise can be good for strengthening bones. Which will you choose to best strengthen your bones during your workout?

- a. *lifting weights as part of well-planned regimen* *earn 50 “Osteo-coins”*
- b. *walking on the treadmill* *earn 25 “Osteo-coins”*
- c. *swimming and water aerobics regimen* *earn 10 “Osteo-coins”*

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You want to enter a body building competition for 20-25 year olds. To help prepare for the contest you choose to:

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Your mother has been recuperating from a fractured hip in a hospital for the last month. Soon she will be moving in with you and your family. To make your home safe, you:

- a. *use small throw rugs throughout the house* *pay 50 “Osteo-coins”*
- b. *secure all loose wiring* *earn 50 “Osteo-coins”*
- c. *wax the floors to shiny gloss so mom knows you*
take good care of the house *pay 50 “Osteo-coins”*

Yellow — Choice Card #13

You and your spouse are planning to start a family. When will you, the new mom, need the most calcium?

- a. *before the pregnancy* 0, no "Os" gain, no "Os" loss
- b. *during pregnancy* earn 25 "Osteo-coins"
- c. *during breast feeding* earn 50 "Osteo-coins"

Yellow — Choice Card #14

You need to buy groceries for the family. You want to make sure you purchase calcium-rich foods. You buy:

- a. *cheese, milk, broccoli, and pinto beans* earn 50 "Osteo-coins"
- b. *chicken, lettuce, green beans, and orange juice* earn 25 "Osteo-coins"
- c. *round beef, rice, spinach, and apples* 0, no "Os" gain, no "Os" loss

Yellow — Choice Card #15

As a young mother who is breast-feeding her baby, you choose to

- a. *keep up with your new busy schedule, but take calcium when you think about it* pay 25 "Osteo-coins"
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- b. *do a few of the recommended exercises, but skip the physical therapy.* pay 25 "Osteo-coins"
- c. *attend physical therapy once a week and do the recommended exercises at home.* earn 50 "Osteo-coins"