

Calcium: Bone Builder Review

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Understanding the Importance of Calcium in Our Skeletal System

Name: _____

Date: _____

Answer the following questions based on what you learned about calcium and bone health.

1. What is the primary role of calcium in our bodies?

- A. To provide energy
- B. To strengthen bones
- C. To help digest food

2. What foods do you know that are high in calcium? List at least three.

3. Calcium is like the '____' of our skeletal system.

4. Calcium helps our bones stay strong and healthy.

- True False

5. What happened to the bone when it was placed in vinegar?

- A. It became stronger
- B. It dissolved
- C. It turned into jelly

6. Why is it important for bones to be strong? Provide two reasons.

7. Our bodies continuously replace ____ tissue to keep our skeleton healthy.

8. Nutrition plays a minor role in bone health.

- True False

9. What did Proverbs 3:1-2 teach us about keeping commandments?

- A. They add to our happiness
- B. They are not important
- C. They make us sad

10. How does God's design relate to the way calcium strengthens bones?

Answer Key

1. To strengthen bones 2. Milk, cheese, and broccoli 3. building blocks 4. True 5. It dissolved 6. Strong bones support our body and protect our organs. They also help us move and stay active. 7. bone 8. False 9. They add to our happiness 10. God designed our bodies to need calcium for strong bones, showing His wisdom in how we are made.

Made by Kylie Tyler & Jim Tyler with support from Dan, Barb, and Darren Tyler