

Family Mealtime Conversation Cards



The Calcium Connection:

Our bones support the whole weight of our bodies so we can stand up, sit down, and move around! (Without them, we'd be floppy like a rag-doll!) There's an important mineral called calcium, which our bones really like. In fact, calcium is what they're made of! Without enough of it, our bones are more likely to fracture or break.



-What are some foods that contain calcium?

One of the most well-known examples is milk and other dairy products like cheese and yogurt.

-Did you know that certain green veggies also contain calcium. It's true! Collards and broccoli are two good examples. Do you know of any others?



-Name two of your favorite healthy calcium-filled dishes. Then, think of two new ones you've never had but want to try!



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Protein Power:

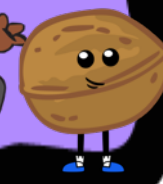
Protein gives us energy and does many special jobs for our bodies, like helping us break down food, making sure we get well when we're sick, and keeping our muscles and bones strong and healthy. Protein can be found all over your body -- including in your bones, muscles and organs!



- What are some examples of foods that provide healthy protein?

(Hint: Think about lean meats, beans, eggs, dairy, and soy!)

- If you were going to prepare a healthy dish featuring good protein in a recipe contest, what would you make? Why is the dish you've picked a good choice?



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