Extra Take-Home Activity
Scavenger Hunt Guide: Digging for Calcium

Note: The next time you’re at a grocery store with a parent or family member, take this scavenger hunt guide along with you to search for foods and drinks that are sources of calcium.

Step 1
FIND SOURCES OF CALCIUM IN MILK PRODUCTS

Read this paragraph out loud:

Many milk products are good sources of calcium. On the Nutrition Facts label, calcium is listed as a percentage of the daily value (% DV). To figure out how many milligrams of calcium a food has, add a 0 (zero) to the end of the % DV listed on the label. For example, a food with 20% DV of calcium has 200 milligrams of calcium in it. Don’t forget the “5–20” rule when looking at the Nutrition Facts label. 5% DV or less means the product is low in calcium, and 20% DV or more means the product is high in calcium.

Young people ages 9 through 18 should get 1,300 milligrams of calcium a day, so they should choose foods that add up to 130% DV of calcium. It is best to eat calcium-rich foods that are low in fat.

Read the Nutrition Facts label and ingredient list, and fill in the chart.

<table>
<thead>
<tr>
<th>Questions</th>
<th>Whole milk</th>
<th>Fat-free milk</th>
<th>Cheddar cheese</th>
<th>String cheese</th>
<th>Plain fat-free yogurt</th>
<th>Yogurt with fruit flavor</th>
<th>Cottage cheese</th>
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</thead>
<tbody>
<tr>
<td>1. What is the % DV of calcium per serving?</td>
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<td>2. How many milligrams of calcium does this food have? (HINT: just add a zero to the % DV.)</td>
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3. Of the milk products listed above, which are considered “high” in calcium (contain 20% DV or more)?

1. 2. 3.

STEP 2: FIND SOURCES OF CALCIUM IN NON-DAIRY FOODS

Read this paragraph out loud:

Not everyone likes milk, yogurt, or cheese. Some people have trouble digesting these foods, and others may choose not to eat or drink them. Young people who do not or cannot have milk or milk products still need plenty of calcium. To help people get enough calcium, food companies are adding calcium to certain foods that don’t contain it naturally.

A: Go to the SOY DRINKS SECTION. You might find soy drinks located in the dairy or breakfast cereal aisle. If you can’t find soy drinks, ask someone who works in the store to tell you where they are (if the store does not have a soy drinks section, skip to question #5).

4. Do all of the soy drinks have added calcium? Yes No

What clues on the package tell you that calcium may be added?

________________________________________________________________________________________

B: Go to the BREAD SECTION

5. Write the names of two brands of bread that have added calcium.

1. 2.

What clues on the package tell you that calcium may be added to bread?

________________________________________________________________________________________

C: Go to the JUICE SECTION (frozen or fresh)

6. Write the names of two brands of orange juice that have added calcium.

1. 2.

What clues on the package tell you that calcium may be added to orange juice?

________________________________________________________________________________________
STEP 3: DON’T FORGET ABOUT OTHER NON-DAIRY FOODS THAT CONTAIN SMALL AMOUNTS OF CALCIUM!

See if you can find any of these foods in the grocery store. Check the Nutrition Facts labels to see how much calcium they contain:

• Canned sardines or salmon with bone
• Collard greens
• Spinach
• Blackstrap molasses
• Bok choy (Chinese cabbage, also called pak choi)
• Canned white beans

Congratulations! You have finished the Digging for Calcium Scavenger Hunt!