

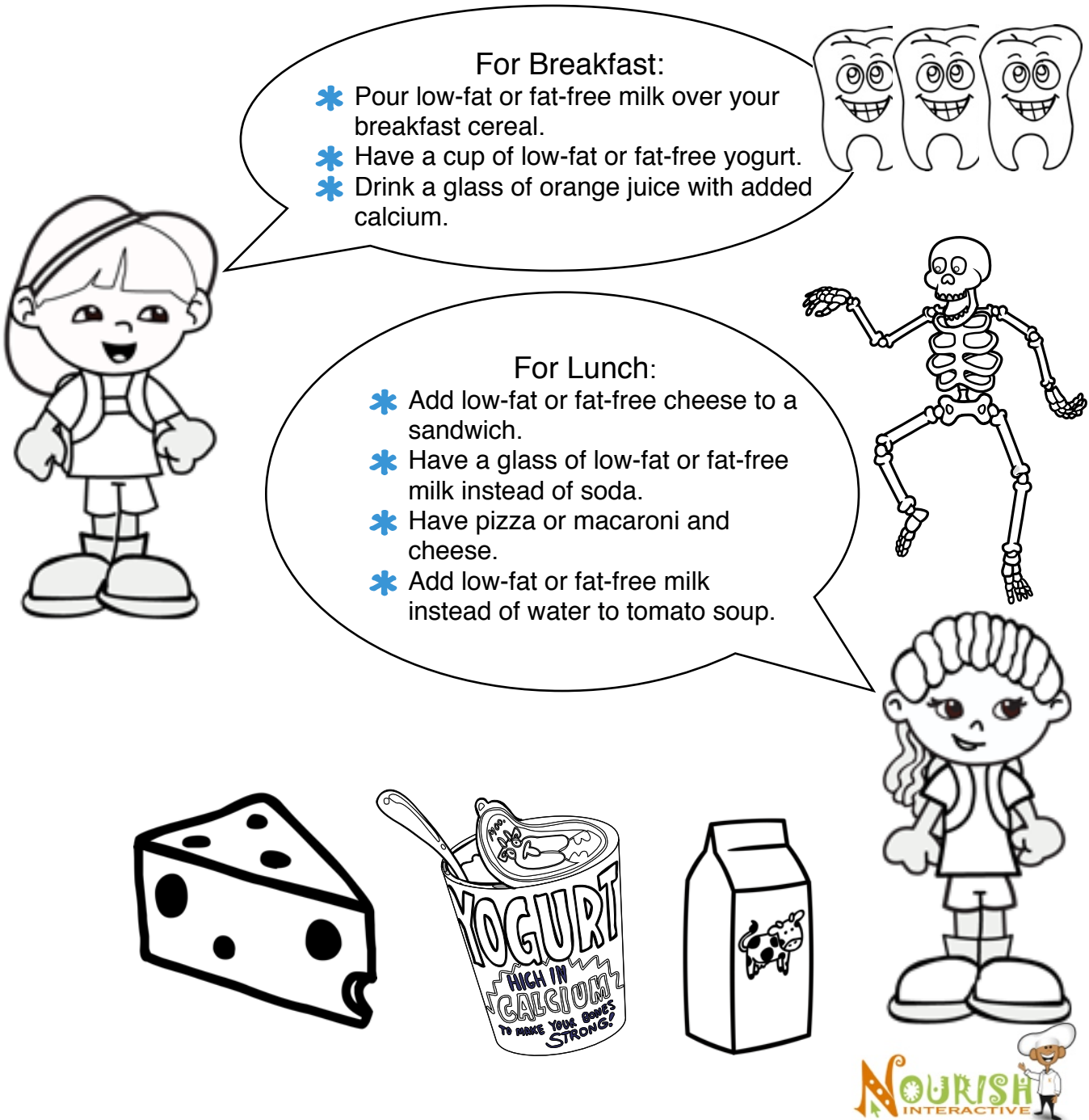
Chef Solus - Keep your bones and teeth happy with lots of calcium!

Calcium is so important for growing bones and healthy teeth. To keep your bones and teeth healthy, You need 2-3 servings of milk or calcium rich foods.

Explorers share their ideas for calcium-rich foods at each meal:

Color each explorer that gives you a good idea for more calcium!!

Color the foods with lots of calcium!

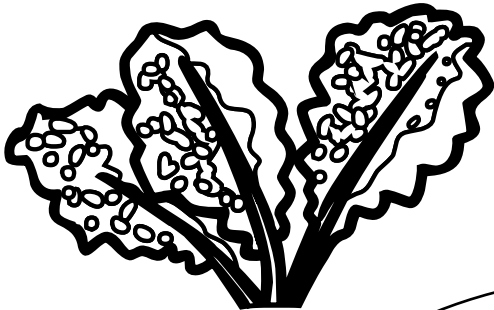


Visit www.ChefSolus.com to play our Chef Solus adventure games as he explores the mystery of the Food Pyramid and more fun games in our [Game Room!](#)

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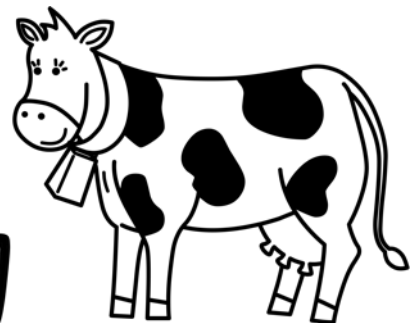
For Snack Time:

- * Drink a smoothie with fruit, ice, and low-fat or fat-free milk.
- * Try flavored low-fat or fat-free milk such as chocolate or strawberry.
- * Have a low-fat or fat-free frozen yogurt.
- * Try some pudding made with low-fat or fat-free milk.
- * Dip fruits and vegetables into yogurt.
- * Have some low-fat or fat-free string cheese.



For Dinner:

- * Eat a salad with dark green, leafy vegetables.
- * Eat broccoli or beans
- * Top salads, soups, and stews with low-fat shredded cheese.



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