

Calcium-rich Riddles

Calcium is a mineral found in some foods and drinks. Its main function in the body is strengthening bones. Most of us know that milk has a lot of calcium (300 milligrams (mg) per cup), but there are many other foods and drinks that are calcium-rich! Below are riddles to help you learn more calcium-rich foods and drinks! Choose from the list of foods and drinks below.

Answers are printed along the side of this page.



WORDS TO CHOOSE FROM:

ORANGE JUICE (CALCIUM FORTIFIED), TOFU, LOW FAT COTTAGE CHEESE, SOY MILK, COOKED KALE, LOW FAT YOGURT

Riddle #1: I am white and chunky and usually eaten cold. I am made from cow's milk. You would get 138 mg of calcium in every cup of me you eat! What am I?

Your guess: _____

Riddle #2: I am green and leafy. I am from the Vegetables group on MyPlate. I can be eaten raw or cooked. My name rhymes with "tail". You would get 140 mg of calcium in every $\frac{1}{2}$ cup of me you eat! What am I?

Your guess: _____

Riddle #3: I look like milk from a cow, but I come from a bean instead! Just like cow's milk, you would get 300 mg of calcium if you drank 1 cup of me. What am I?

Your guess: _____

Riddle #4: I belong in the Fruits group on MyPlate. I am orange and squeezed from a fruit. I am a popular drink at breakfast time. On my own, I don't contain much calcium, but, when calcium is added to me, I offer a whopping 350 mg of calcium in every cup! What am I?

Your guess: _____

Riddle #5: I am made from cow's milk. I belong in the Dairy group on MyPlate. I come in lots of different flavors, such as strawberry, vanilla, and blueberry. You would get up to 400 mg of calcium if you ate 1 cup of me. What am I?

Your guess: _____

Riddle #6: I am made from the same bean as Riddle #3! Usually I am eaten cooked in a dish with other foods. I originated in China, and you may find me offered in many dishes at Chinese restaurants. You would get 253 mg of calcium if you ate $\frac{1}{2}$ cup of me. What am I?

Your guess: _____

Answers: (1) low fat cottage cheese, (2) cooked kale, (3) soy milk, (4) orange juice (calcium fortified), (5) low fat yogurt, (6) tofu