

# Calcium Worksheet

Number the following foods from 1 to 10, placing the number "1" next to the food that you believe contains the **least** amount of calcium and the number "10" next to the food that contains the **most** calcium.

For example, if you think lasagna contains the least amount of calcium, write "1" next to it; if you think lasagna contains the most amount of calcium, write "10" next to it. Rank the other foods accordingly.

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- \_\_\_ 1-ounce cheddar cheese
- \_\_\_ 8-ounce slice vegetable lasagna
- \_\_\_ ½ cup cooked broccoli
- \_\_\_ 3 ounces sardines with bones
- \_\_\_ 1-cup milk
- \_\_\_ 6 ounces calcium-fortified orange juice
- \_\_\_ 1-ounce cream cheese
- \_\_\_ ½ cup cottage cheese
- \_\_\_ 1 hard boiled egg
- \_\_\_ 1-cup fruit yogurt