
Module 8, Lesson 6 Quiz:

Bone Health

1. Calcium is stored in the bones. It is taken from the bones for the purpose of:
 - a. Balancing the nervous system
 - b. Balancing cellular functioning
 - c. Cardiovascular functioning
 - d. **All of the above**

2. What helps us maximize calcium absorption?
 - a. Vitamin A
 - b. **Vitamin D**
 - c. Vitamin E
 - d. Vitamin K

3. To promote bone health, a client may also benefit from magnesium, which is found in which foods?
 - a. **Green leafy vegetables, seeds, nuts, legumes, and whole grains**
 - b. The sun, dairy, fatty fish and egg yolks
 - c. Citrus, berries, green tea and red peppers
 - d. Whole grains, oats, flax meal, and chia seeds

4. A factor that influences our bone health that we cannot control is:
 - a. **Ethnicity**
 - b. Geographic location
 - c. Medical history
 - d. Food allergies