



Verbal Reasoning

Calcium and Milk

Calcium is important. But milk isn't the only, or even best, source.

It's not a news flash that calcium is key for healthy bones. Getting enough calcium from childhood through adulthood helps build bones up and then helps slow the loss of bone as we age. It's not clear, though, that we need as much calcium as is generally recommended, and it's also not clear that dairy products are really the best source of calcium for most people.

While calcium and dairy can lower the risk of osteoporosis and colon cancer, high intake can increase the risk of prostate cancer and possibly ovarian cancer.

Plus, dairy products can be high in saturated fat as well as retinol (vitamin A), which at high levels can paradoxically weaken bones.

Good, non-dairy sources of calcium include collards, bok choy, fortified soy milk, baked beans, and supplements that contain both calcium and vitamin D (a better choice than taking calcium alone).

(Hsph.harvard.edu, 2015)

QUESTIONS

1) Vitamin D is better than Calcium

- 1) True
- 2) False
- 3) Cannot Tell

2) Products with Calcium are high in saturated fat and Vitamin A

- 1) True
- 2) False
- 3) Cannot Tell





3) Retinol causes bones to weaken

- 1) True
- 2) False
- 3) Cannot Tell

4) Calcium helps build bones and raises risk of colon cancer

- 1) True
- 2) False
- 3) Cannot Tell





What is Fluoride?

Fluoride is a natural mineral found throughout the earth's crust and widely distributed in nature. Some foods and water supplies contain fluoride.

How Does Fluoride Work?

Fluoride helps prevent cavities in two different ways:

Fluoride concentrates in the growing bones and developing teeth of children, helping to harden the enamel on baby and adult teeth before they emerge

Fluoride helps to harden the enamel on adult teeth that have already emerged

Fluoride is often added to drinking water to help reduce tooth decay. In the 1930s, researchers found that people who grew up drinking naturally fluoridated water had up to two-thirds fewer cavities than people living in areas without fluoridated water. Studies since then have repeatedly shown that when fluoride is added to a community's water supply, tooth decay decreases. The American Dental Association, the World Health Organization and the American Medical Association, among many other organizations, have endorsed the use of fluoride in water supplies because of its effect on tooth decay.

(Colgate.com, 2015)

QUESTIONS

1) Water without any fluoride causes cavities

- 1) True
- 2) False
- 3) Cannot Tell

2) All organisations support the use of fluoride in water supplies because of the way it effects tooth decay

- 1) True
- 2) False
- 3) Cannot Tell

3) Fluoride affects teeth that have not even erupted yet

- 1) True
- 2) False
- 3) Cannot Tell





Most food and water contains fluoride

- 1) True
- 2) False
- 3) Cannot Tell

