

# Worksheet for the National Dairy Council Video “The Importance of Dairy in a Teenage Diet”



## Background

This worksheet is to accompany the National Dairy Council (NDC) Back-to-School video entitled “The Importance of Dairy in a Teenage Diet”. The video can be accessed on the NDC Youtube channel (<https://www.youtube.com/playlist?list=PLwYgTsV2Gym2-5dwB2kegyyQN4SqJtFoR> )

## Instructions

After watching the video, please answer the questions below.

Q1. How many servings of dairy is recommended for teenagers?

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Q2. What is osteoporosis?

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Q3. What problems can osteoporosis cause for an individual?

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Q4. What does high biological value (HBV) protein mean and give one example

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[Hint – If you aren't sure of some of the answers, check out the National Dairy Council Nutrition & You Teenagers Booklet available on the NDC website at <https://ndc.ie/our-publications/> ]

In this video, Sinéad makes a tasty cheesy spinach and ham frittata. Full recipe details can be found at <https://ndc.ie/recipes/cheesy-spinach-ham-frittata/>