OBJECTIVES:
• Students will understand the amount of calcium in bones by making visual representations.
• Students will learn about the increase in calcium in the bones during various stages of life.
• Students will understand the importance of a calcium-rich diet.

HELPFUL HINTS:
May be used as a demonstration, with student volunteers assisting the presentation. You can set this up as a display at a Family Fitness Night or at a table during lunch.

MATERIALS NEEDED:
• 10 pound bag of flour
• Measuring cups
• Clear re-sealable storage bags (plastic)
• Index cards
• Permanent marker

FLOUR AS BONE DEVELOPMENT:
The amount of flour represents the amount of calcium in our bones at various stages of life.

• 1/4 cup flour = newborn skeleton
• 3 & 1/2 cups flour = 10 year old skeleton
• 7 cups flour = 15 year old skeleton
• 11 cups flour = healthy adult skeleton
• 6 & 1/2 cups flour = adult with osteoporosis