

Building Healthy Bones

How much calcium is in your bones?



Lesson Activity (Grades K-5)

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.

LESSON INTRODUCTION:

- Introduce the lesson utilizing the “Build My Bones” handout and a game of “last player standing.”
- Discussion with students on the importance of following the MyPlate Food Guide and eating calcium-rich foods.
- Explain the bone development process in children and the need for 3-4 servings of dairy foods each day.

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