

Station 8 – Bones

Start Here

You are here in the body.

(Point to highlighted bones in flip book.)

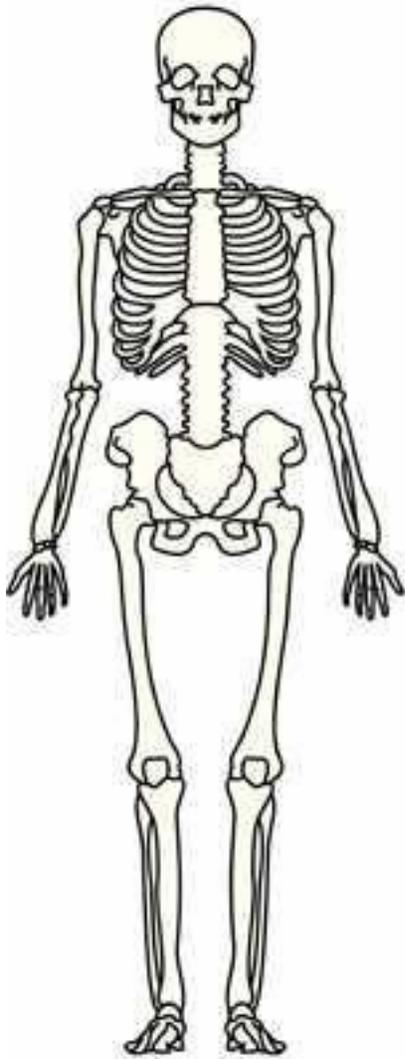
Welcome to the bones!

(If using – say)

I am wearing things a construction worker or builder would wear because I am building something.

What do you think I am building?

(Wait for responses) Strong bones!



Do I really build strong bones by wearing these things? No

We build strong bones by eating a variety of foods that are high in calcium. The dairy group supplies nutrients needed for strong bones. Skim milk or low-fat dairy products have all of the nutrients you need, but not the extra fat. What are some foods in the dairy group that are good sources of calcium? (*milk, yogurt and cheese*)

Some vegetables like spinach and broccoli also supply nutrients for strong bones. Calcium, vitamin D and protein are all important for maintaining strong bones. We also build strong bones by being physically active.

Our bones change all the time. So when we build strong bones it doesn't mean they will stay strong forever. We need to continue to eat calcium-rich foods all our life. If we don't, bones become brittle and can break easily.

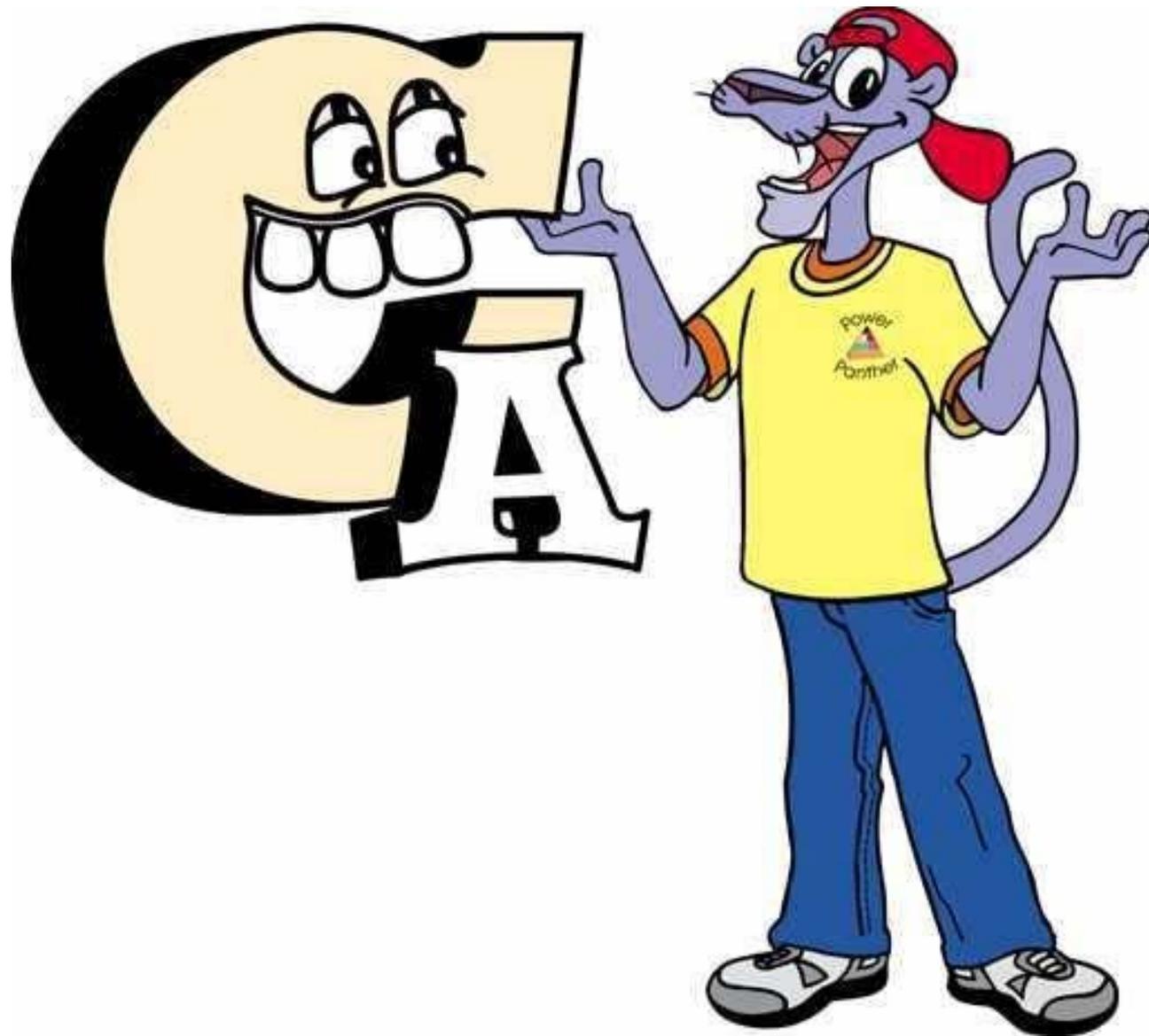


Look at your food tag.

If you're a good source of calcium, raise your hand.

If you have the calcium (CA) symbol, you are a food high in calcium.

All of these foods will help us build strong bones.



(Point to the soda pop can on the flipbook.)

Will the soda pop in this can work instead of milk to build strong bones?

No! Soda pop doesn't have the nutrients needed to build strong bones.



(Display food models of milk, yogurt & cheese.)

How much milk do you need everyday? 3 servings!

Can part of the 3 servings come from other dairy products?

(Wait for responses.)

Yes, it's OK to have 2 glasses of milk and a carton of yogurt OR 1 glass of milk, a carton of yogurt and a piece of cheese.



HOW MUCH MILK
DO YOU NEED
EVERYDAY?

Our bones are covered with muscle, fat and skin.

(Instruct students to feel their ear lobe.)

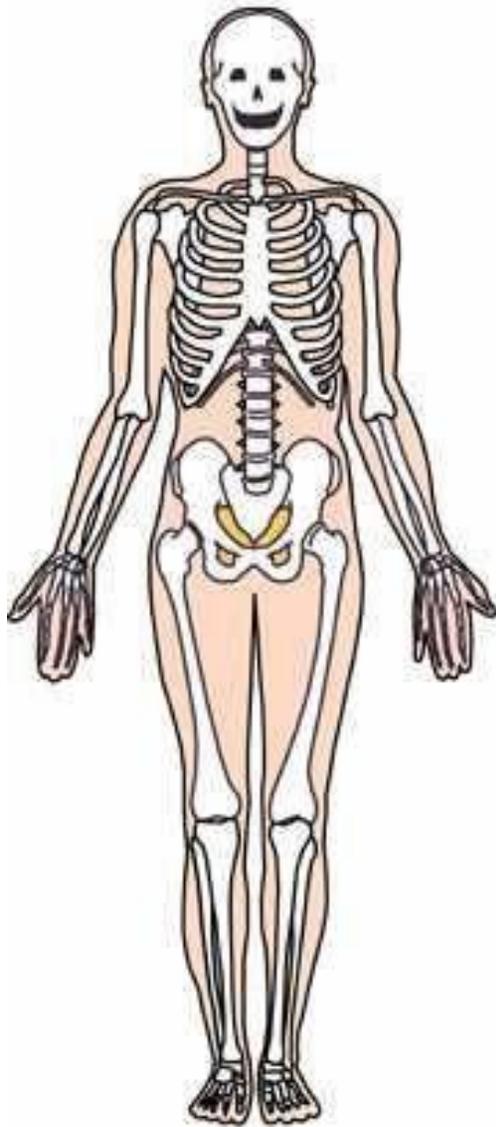
What does it feel like? Soft!

If you didn't have strong bones, your whole body would feel like your ear. You'd be like a bowl of jelly!

Our bodies have 206 bones in them. This framework is called our skeleton. Our bones are long, short, round, flat, big and little. About 100 of our bones are in our hands and feet. Our smallest bone is in our ear and it is smaller than a grain of rice.

(Show bone model.)

Your bones look like this.



Physical activity helps build strong bones.

When you run and play, ride your bike, or skateboard, your bones use the calcium in your body to grow and stay strong.

Your bones can't move by themselves. Bones are attached to muscles and muscles move the bones.

So, the next body part you're going to visit is the muscles!

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