

Strong Bones Game

Strong bones need both calcium and weight-bearing physical activity. It's not enough to just eat right or just do lots of weight-bearing physical activity. It takes both to make bones strong. Talk to the children about calcium and explain that dairy products (such as those in the pictures) are a good source of calcium. To bring the two concepts (calcium and weight-bearing physical activity) together - play the Strong Bones game, talk about the dairy products and incorporate physical activity as an indicator that a child has the matching picture on their bone (see examples below).

What you need:

Laminated bone sheets with dairy pictures (20 bones)

Large dairy product pictures (11)

What to do:

Show the class the large pictures one at a time and let the children get familiar with the dairy items. Pass a laminated bone to each child and talk to them about the assorted pictures on each bone - each bone has different pictures on them. Now, tell the children that they will play a matching game. Show the children a picture and ask if they have that picture on their bone. If they have that picture have them do something that will indicate that they have it. Examples include:

- Place a game marker on the matching picture.
- Have the children give a thumb up if they have the picture, thumb down if they don't.
- Stand up if they have the picture. Stay seated if they don't.
- Do a jumping jack.
- Be creative and come up with your own indicator.

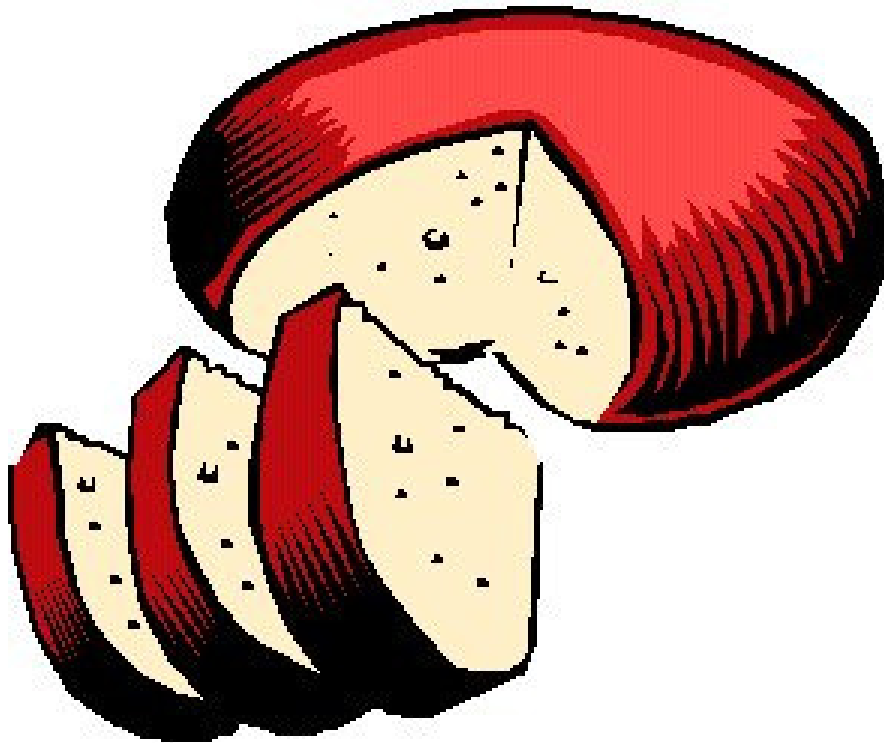


BLEND Beginnings



Cottage cheese
2 cups





Mozzarella, natural
1½ oz.



Milk, 1%
1 cup



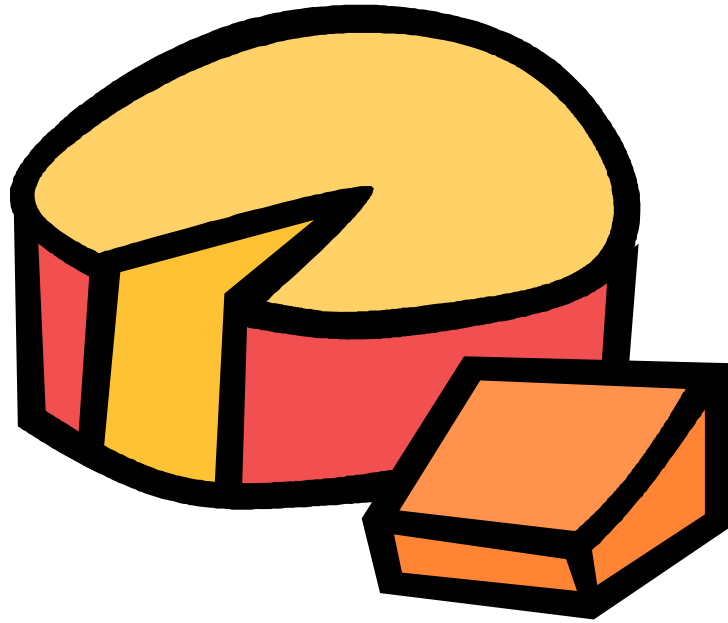


Frozen yogurt
1 cup



Milk, strawberry
1 cup



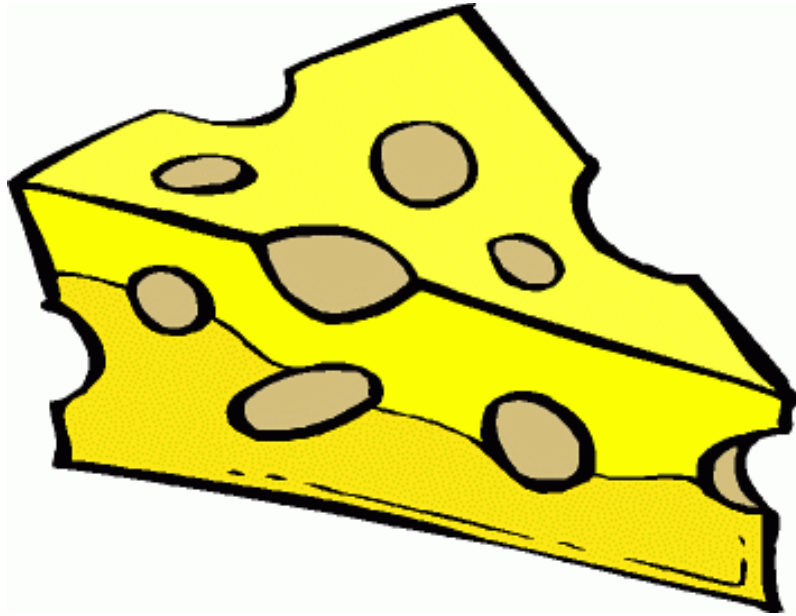


Cheddar cheese
1½ oz.



Yogurt
1 cup





Swiss cheese
1½ oz.



American, process
2 oz.





Low fat ice cream
1 ½ cups



Chocolate Milk
1 cup



