

Lesson 7: Build Strong Bones

Activity Bin Materials and Instructions

Storage Bin Size Needed: 16" (L) x 11" (W) x 6" (H), (15 Quart size). Label all items as noted, and place in the bin.

Lesson Activity	Materials Needed	Instructions*
Bin labels	<ul style="list-style-type: none"> White easy peel labels 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 7: Build Strong Bones, Activity Bin Labels</i>. 2) Print the outside bin and inside lid labels on the white easy peel labels. 3) Put the outside bin label on the outside of the bin and put the inside lid label on the underside of the bin lid.
Not applicable; for display throughout class	<ul style="list-style-type: none"> <i>MyPlate</i> poster Painter's tape 	<ol style="list-style-type: none"> 4) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, MyPlate Posters</i>. 5) Print and laminate a copy of the <i>MyPlate</i> poster in English and/or Spanish depending on your needs. 6) Painter's tape can be used to hang the <i>MyPlate</i> poster during class to avoid damaging walls or other surfaces.
All activities	<ul style="list-style-type: none"> Call bell 	<ol style="list-style-type: none"> 1) Purchase call bells for all activity bins (8 total). 2) Put 1 call bell in each bin.
Welcome and Reflect	<ul style="list-style-type: none"> Back page of the <i>Go Lean with Protein</i> worksheet 1 large manila envelope 	<ol style="list-style-type: none"> 1) Print 3 copies of the back page of the <i>Lesson 6: Go Lean with Protein</i> worksheet, and laminate them. 2) Place in a large manila envelope. 3) Label the envelope "Lesson 7: Laminated worksheets from previous lesson".
Why are calcium foods important?	<ul style="list-style-type: none"> Pictures of healthy bone and bone with osteoporosis Large manila envelope 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 7: Build Strong Bones, Pictures of Bone</i>. 2) Print and laminate the pictures of the Healthy Bone and Bone with Osteoporosis. 3) Place in a large manila envelope and label "Lesson 7: Pictures of bone".

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Weight of calcium in bones	<ul style="list-style-type: none"> • 28 cups of white flour • 1 snack size plastic sealable bag* • 4 gallon size plastic sealable bags* • 1 extra-large plastic sealable bag* <p><i>* Note: Don't use the bags with zippers built in as flour tends to leak from the bag at the zippers. Heavy duty freezer bags work well for holding the flour.</i></p>	<ol style="list-style-type: none"> 1) Label the snack size plastic bag "Newborn". Place $\frac{1}{4}$ cup of flour in the bag. 2) Label the 4 gallon size plastic bags with the following: <ol style="list-style-type: none"> a. "Newborn" b. "10-year old" c. "15-year old" d. "Adult" e. "Adult with osteoporosis" 3) Place flour in the gallon size plastic bags as the following: <ol style="list-style-type: none"> a. Newborn – $\frac{1}{4}$ cup b. 10-year old – $3\frac{1}{2}$ cups c. 15-year old – 7 cups d. Adult – 11 cups e. Adult with osteoporosis – $6\frac{1}{2}$ cups 4) Label the extra large plastic bag "Lesson 7: Weight of calcium in bones". 5) Place all bags with flour in the extra-large bag, and seal. 6) Flour and plastic bags will need to be replaced periodically.

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Getting enough calcium each day	<ul style="list-style-type: none"> • Calcium food pictures <ul style="list-style-type: none"> ○ 1%/low-fat chocolate milk ○ 1%/low-fat strawberry milk ○ 2%/reduced-fat chocolate milk ○ 2%/reduced-fat milk ○ Fat free milk ○ Cheddar cheese ○ Cottage cheese ○ American cheese ○ Parmesan cheese ○ String cheese ○ Swiss cheese ○ Blueberry drinkable yogurt ○ Low-fat strawberry flavored yogurt ○ Low-fat plain yogurt ○ Milkshake ○ Mozzarella cheese ○ Muenster cheese ○ Non-fat plain yogurt ○ Salmon with bones ○ Tofu fortified with calcium • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com, click on <i>Resources for Implementation, Activity Bins, Lesson 7: Build Strong Bones, Calcium Dairy Council Food Models/Pictures.</i> 2) Print and laminate the pictures with the food picture on the front and the Nutrition Facts Label on the back. 3) Place all of the Dairy food models in one sealable plastic bag. Label the bag "Lesson 7: Calcium food pictures."

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Cup equivalents	<ul style="list-style-type: none"> • 10 oz. clear plastic cup with 8 oz. marked • 3 dominoes or cheese models (representing 1½ oz. natural cheese) • 4 dominoes or cheese models (representing 2 oz. processed cheese) • 2 small, sealable plastic bags • 1 large, sealable plastic bag 	<ol style="list-style-type: none"> 1) Purchase a 10 or 12 oz. plastic cup. 2) With a permanent, thin tip marker, draw a line at the 8 oz. level. 3) Purchase 7 standard size dominoes or cheese models demonstrating 1½ oz. and 2 oz. of cheese. 4) Place 3 dominoes or cheese models demonstrating 1½ oz. in a small sealable plastic bag. Label “Lesson 7: 1½ oz. natural cheese.” Note – if using the cheese models, educators will need to say that 1 ½ ounces of natural cheese is one and half of the cheese models. 5) Place 4 dominoes or cheese models demonstrating 2 oz. in a small sealable plastic bag. Label “Lesson 7: 2 oz. processed cheese.” 6) Place both small bags and the cup in a larger bag and label “Lesson 7: Cup equivalents.”
Milk label detective	<ul style="list-style-type: none"> • Milk labels <ul style="list-style-type: none"> ○ Skim/non-fat milk ○ 1%/low-fat milk ○ 2%/reduced-fat milk ○ Whole milk ○ Soy milk ○ Light soy milk • 1 medium, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 7: Build Strong Bones, Food Labels.</i> 2) Print and laminate all pictures with the food picture on the front and the Nutrition Facts Label on the back. 3) Place in a sealable plastic bag. 4) Label the bag “Lesson 7: Milk label detective.”
Let’s be active!	<ul style="list-style-type: none"> • Music • Equipment to play music 	<ol style="list-style-type: none"> 1) Pack upbeat music with a moderately fast tempo. 2) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Music</i> for examples of music with the appropriate tempo for this segment. 3) Pack equipment to play the music so that participants can hear it (CD player, speakers, etc.).

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Let's cook!	<ul style="list-style-type: none"> • Laminated recipe scripts for: <ul style="list-style-type: none"> ○ Broccoli Cheese Soup ○ Fruit Smoothie ○ Skillet Mac and Cheese ○ Salmon Patties • 1 large, sealable plastic bag • Hair ties • 1 small, sealable plastic bag 	<ol style="list-style-type: none"> 1) Visit www.eatingsmartbeingactive.com and click on <i>Resources for Implementation, Activity Bins, Lesson 7: Build Strong Bones, Recipe Scripts</i>. 2) Print the recipe scripts for all of the lesson's recipes, and laminate them. 3) Label the large, sealable plastic bag "Lesson 7 Recipe Scripts." Put the recipe scripts in the bag. 4) Purchase a large pack of hair ties. Store them in a small, sealable bag in the bin. DO NOT store hair ties with food or food preparation equipment.
Preview of the next lesson	<ul style="list-style-type: none"> • <i>Eating Smart • Being Active Let's Cook!</i> cookbook • Post-it notes or page flags 	<ol style="list-style-type: none"> 1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook "Recipes for Make a Change". 2) Using Post-its, flag the recipes for <i>Lesson 8: Make a Change</i>: Banana Swirl, Zesty Bean Dip, Fruit Sorbet, and Mango Salsa.

Quantities are based on a class size of 12 participants. If you regularly have larger classes, please increase amounts accordingly.