

## **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.

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

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Weight of calcium in bones	<ul style="list-style-type: none"> <li>• 28 cups of white flour</li> <li>• 1 snack size plastic sealable bag*</li> <li>• 4 gallon size plastic sealable bags*</li> <li>• 1 extra-large plastic sealable bag*</li> </ul> <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"> <li>1) Label the snack size plastic bag "Newborn". Place <math>\frac{1}{4}</math> cup of flour in the bag.</li> <li>2) Label the 4 gallon size plastic bags with the following:               <ol style="list-style-type: none"> <li>a. "Newborn"</li> <li>b. "10-year old"</li> <li>c. "15-year old"</li> <li>d. "Adult"</li> <li>e. "Adult with osteoporosis"</li> </ol> </li> <li>3) Place flour in the gallon size plastic bags as the following:               <ol style="list-style-type: none"> <li>a. Newborn – <math>\frac{1}{4}</math> cup</li> <li>b. 10-year old – <math>3\frac{1}{2}</math> cups</li> <li>c. 15-year old – 7 cups</li> <li>d. Adult – 11 cups</li> <li>e. Adult with osteoporosis – <math>6\frac{1}{2}</math> cups</li> </ol> </li> <li>4) Label the extra large plastic bag "<b>Lesson 7: Weight of calcium in bones</b>".</li> <li>5) Place all bags with flour in the extra-large bag, and seal.</li> <li>6) Flour and plastic bags will need to be replaced periodically.</li> </ol>

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

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

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Let's cook!	<ul style="list-style-type: none"> <li>• Laminated Let's Cook! Station Set-up and Recipe Scripts for:               <ul style="list-style-type: none"> <li>○ Broccoli Cheese Soup</li> <li>○ Fruit Smoothie</li> <li>○ Skillet Mac and Cheese</li> <li>○ Salmon Patties</li> </ul> </li> <li>• 1 plastic accordion folder</li> <li>• Hair ties</li> <li>• 1 small, sealable plastic bag</li> </ul>	<ol style="list-style-type: none"> <li>1) Visit <a href="http://www.eatingsmartbeingactive.com">www.eatingsmartbeingactive.com</a> and click on <i>Resources for Implementation, Activity Bins, Lesson 7: Build Strong Bones, Let's Cook! Station Set-up and Recipe Scripts</i>.</li> <li>2) Print the Let's Cook! Station Set-up and Recipe Scripts for all of the lesson's recipes.</li> <li>3) Label the plastic accordion folder "<b>Let's Cook! Station-Set up and Recipe Scripts for Lesson 7.</b>" Put the Station Set-Up and Recipe Scripts in the accordion folder.</li> <li>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.</li> </ol>
Preview of the next lesson	<ul style="list-style-type: none"> <li>• <i>Eating Smart • Being Active Let's Cook!</i> cookbook</li> <li>• Post-it notes or page flags</li> </ul>	<ol style="list-style-type: none"> <li>1) Label a copy of the <i>Eating Smart • Being Active Let's Cook!</i> cookbook "<b>Recipes for Make a Change</b>".</li> <li>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.</li> </ol>

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