

## **Lesson 7: Build Strong Bones**

### **Activity Bin Contents 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>
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>Vary Your Protein Routine</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: Vary Your Protein Routine</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>

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Lesson Activity	Materials Needed	Instructions*
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>Pictures of bone</b>”.</li> </ol>
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>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>• Dairy Group Dairy Council food models (25):               <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 (skim) 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>○ Frozen yogurt</li> <li>○ Fruit flavored drinkable yogurt</li> </ul> </li> <li>○ Fruit flavored squeezable yogurt</li> <li>○ Ice cream</li> <li>○ Ice cream soft serve</li> <li>○ Low-fat fruit flavored yogurt</li> <li>○ Low-fat plain yogurt</li> <li>○ Milkshake</li> <li>○ Mozzarella cheese</li> <li>○ Muenster cheese</li> <li>○ Non-fat plain Greek yogurt</li> <li>○ Pudding</li> <li>○ Whole milk</li> <li>○ Whole chocolate milk</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</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 Group <i>National Dairy Council</i> food models in one sealable plastic bag. Label the bag "<b>Lesson 7: Dairy Group National Dairy Council food models.</b>"</li> <li>4) Place in a sealable plastic bag.</li> </ol>
Foods with calcium and addressing participant questions	<ul style="list-style-type: none"> <li>• <u>"Other sources of calcium" product labels (8):</u> <ul style="list-style-type: none"> <li>○ Kefir</li> <li>○ Low-fat buttermilk</li> <li>○ Organics soy milk</li> <li>○ Tofu</li> <li>○ Canned salmon</li> <li>○ Canned mackerel</li> <li>○ Sardines</li> <li>○ Orange juice with calcium</li> <li>○ Collard greens</li> </ul> </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, Product 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>Other sources of calcium (8)</b>"</li> </ol>

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Lesson Activity	Materials Needed	Instructions*
Foods with calcium and addressing participant questions	<ul style="list-style-type: none"> <li>• <u>“Not good sources of calcium” product labels (5):</u> <ul style="list-style-type: none"> <li>○ Sour cream</li> <li>○ Cream cheese</li> <li>○ Heavy whipping cream</li> <li>○ Half &amp; Half</li> <li>○ Dairy whipped topping</li> </ul> </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, Product 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>“Not good sources of calcium (5)”</b></li> </ol>
Cup equivalents	<ul style="list-style-type: none"> <li>• 10 oz. clear plastic cup with 8 oz. marked</li> <li>• 3 dominoes (representing 1½ oz. hard cheese)</li> <li>• 2 dominoes (representing 1 oz. processed cheese)</li> <li>• 2 small, sealable plastic bags</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 5 standard size dominoes</li> <li>4) Place 3 dominoes demonstrating 1½ oz. of hard cheese in a small sealable plastic bag. Label <b>“1½ oz. hard cheese.”</b></li> <li>5) Place 2 dominoes demonstrating 1 oz. of processed cheese in a small sealable plastic bag. Label <b>“1 oz. processed cheese.”</b></li> </ol>
Milk label detective	<ul style="list-style-type: none"> <li>• <u>“Milk detective” product labels (6):</u> <ul style="list-style-type: none"> <li>○ Skim, fat free milk</li> <li>○ 1% low-fat milk</li> <li>○ 2% reduced-fat milk</li> <li>○ Whole milk</li> <li>○ Silk Original soy milk</li> <li>○ Lactose free 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, Product 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>“Milk detective (6)”</b></li> </ol>

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Lesson Activity	Materials Needed	Instructions*
Addressing participant questions	<ul style="list-style-type: none"> <li>• <u>“Other dairy fat comparisons” product labels (4):</u> <ul style="list-style-type: none"> <li>○ Cheddar cheese</li> <li>○ Mozzarella cheese</li> <li>○ Kraft American cheese</li> <li>○ Chocolate milk</li> </ul> </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, Product 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>“Other dairy fat comparisons (4)”</b></li> </ol>
Addressing participant questions	<ul style="list-style-type: none"> <li>• <u>“Flavored soy milk and non-dairy milk” product labels (7):</u> <ul style="list-style-type: none"> <li>○ Silk unsweetened soy milk</li> <li>○ Silk vanilla sweetened soy milk</li> <li>○ Silk vanilla sweetened almond milk</li> <li>○ Silk unsweetened vanilla almond milk</li> <li>○ Silk plain oat yeah milk</li> <li>○ Silk vanilla oat yeah milk</li> <li>○ Silk unsweetened vanilla cashew milk</li> </ul> </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, Product 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>“Flavored soy milk and non-dairy milks (7)”</b></li> </ol>
Let’s cook!	<ul style="list-style-type: none"> <li>• <i>Let’s Cook! Station Set-up and Recipe Scripts</i> for: <ul style="list-style-type: none"> <li>○ Broccoli Cheese Soup</li> <li>○ Collard Greens</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>

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<b>Lesson Activity</b>	<b>Materials Needed</b>	<b>Instructions*</b>
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 Small Changes Matter"</b></li> <li>2) Using Post-its, flag the recipes for <i>Lesson 8 Small Changes Matter</i>: Banana Swirl, Zesty Bean Dip, Fruit Sorbet, and Mango Salsa, Homemade Ranch Dressing, Vinaigrette Dressing Variations.</li> </ol>

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