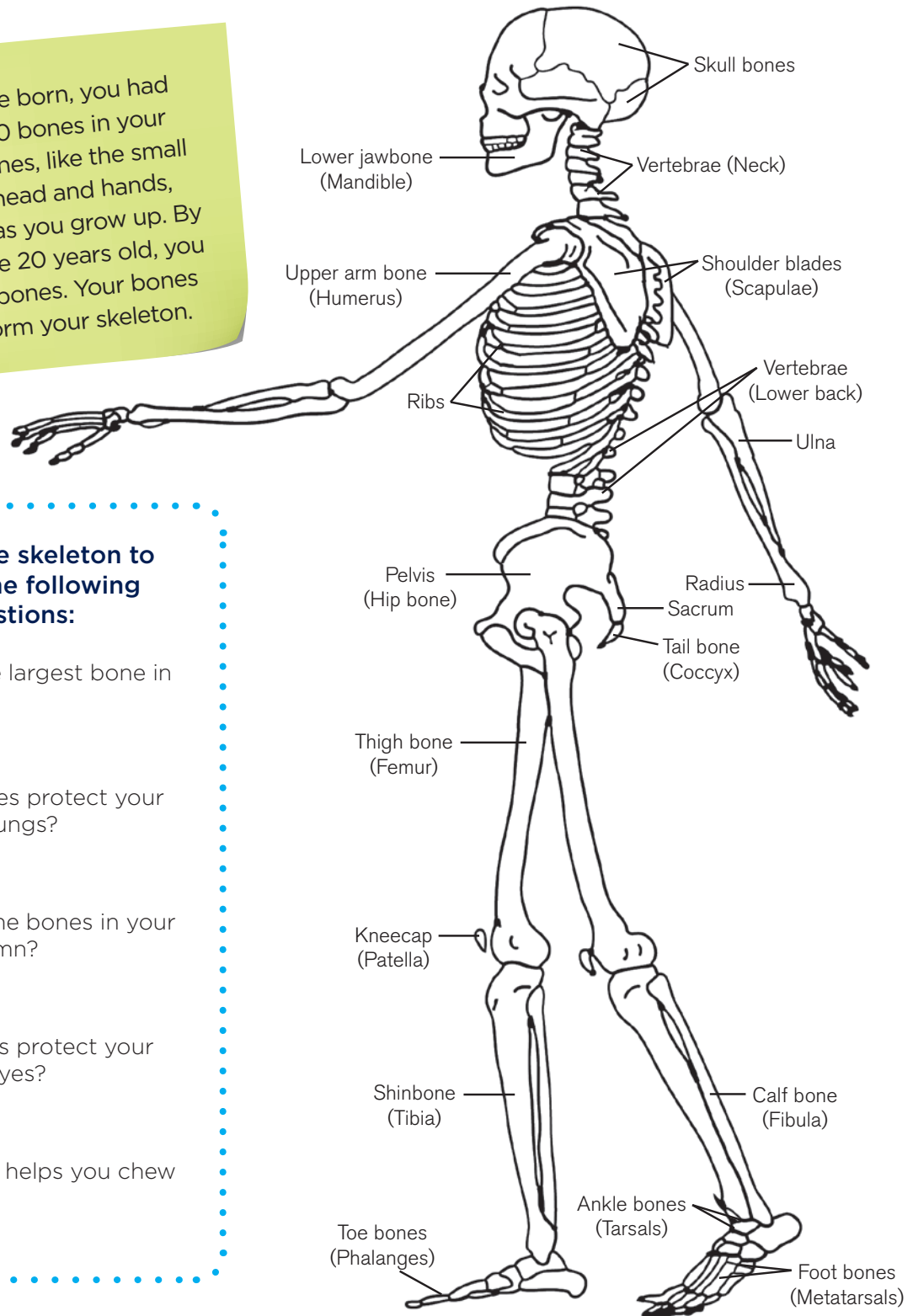


YOUR SKELETON

When you were born, you had more than 300 bones in your body. Some bones, like the small ones in your head and hands, grow together as you grow up. By the time you are 20 years old, you will have 206 bones. Your bones connect to form your skeleton.



Look at the skeleton to answer the following questions:

1. What is the largest bone in your body?
2. Which bones protect your heart and lungs?
3. What are the bones in your spinal column?
4. What bones protect your brain and eyes?
5. What bone helps you chew food?

FEED YOUR BONES

Everyone needs calcium. Calcium, along with vitamin D and exercise, helps make bones stronger. If you did not have calcium in your bones, they would be soft enough to tie into knots. Babies and children need calcium for growing bones and teeth. Adults need calcium to keep their bones strong.

You need calcium everyday. If you are 4 to 8 years old, you need 1,000 milligrams of calcium everyday. From age 9 to 18, you need 1,300 milligrams of calcium everyday.

HELP SALLY MEET HER GOAL


Sally is 10 years old and needs 1,300 milligrams of calcium everyday. What choices could Sally make for her meals and snacks throughout the day, to meet her goal for 1,300 milligrams of calcium?

FOOD CHOICE	MG CALCIUM
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TOTAL MG CALCIUM



YOUR **SKELETON** AND **FEED YOUR BONES**
ANSWERS AND **BACKGROUND FOR THE EDUCATOR**



Target Audience:
Upper Elementary

Objective:
Teach your students about their bones with these activities:
"Your Skeleton"
and
"Feed Your Bones."

- Answer Key for "Your Skeleton"**
1. Thigh bone (femur)
 2. Ribs
 3. Vertebrae
 4. Skull bones
 5. Jawbone (mandible)

FEED YOUR BONES BACKGROUND

Have your students help Sally reach her goal of 1,300 milligrams of calcium by planning a day of meals and snacks. Use one of the following for calcium content information: the chart below, Food Models* with Nutrition Facts labels, or food labels featuring Nutrition Facts.

DAIRY GROUP

Lowfat milk (1 cup)	297 mg
Fruit yogurt (6 oz)	200 mg
American cheese (2 slices)	261 mg
String cheese (1)	150 mg
Frozen yogurt (1/2 cup)	103 mg

PROTEIN GROUP

Almonds (1/3 cup)	120 mg
Peanut butter (2 Tbsp)	12 mg
Refried beans (1/2 cup)	41 mg

GRAIN GROUP

Tortilla (1)	44 mg
Bread (1 slice)	25 mg
Crackers, saltine (6)	18 mg

FRUIT GROUP

Apple (1 medium)	10 mg
Orange (1 medium)	52 mg
Banana (1 medium)	7 mg
Pear (1 medium)	18 mg

VEGETABLE GROUP

Broccoli, raw (1/2 cup)	21 mg
Spinach (1/2 cup)	28 mg
Carrot, raw (1)	19 mg

