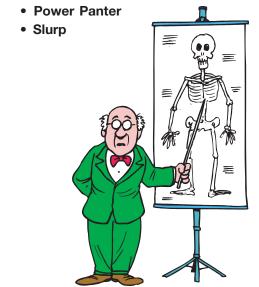
My Growing Bones

Objective:

 Students will be able to discuss why our bodies need calcium from milk and dairy products.

Materials Needed:

- 1 book (choose from)
 - The Skeleton Inside You by Philip Balestrino reinforces that bones need calcium for strength and growth. Illustrations show what bones look like, their purpose and how they grow. (Many concepts – use limited material appropriate for this age group.)
 - I'm Growing by Aliki. A boy discovers he is growing when his clothes no longer fit. He connects his changing body with eating healthy food.
 - How Kids Grow by Jean Marzolo.
 Photographs show what children can do at different ages from 3 to 7.
- Pictures included in the lesson:
 - Six types of dairy products
 - Skeleton
 - Tooth
 - One piece of large paper to record growth (can be made from long strip of freezer or other paper)



Review:

Ask students if they remember what kinds of foods are made with milk. (White milk, chocolate milk, strawberry-flavored milk, block cheese, string cheese, low-fat yogurt) Post pictures as they name them.

Learn:

- Introduce today's topic by asking the children to name some ways they are growing, or name some things they can do now that they couldn't do when they were babies. Tell the students that Slurp had to get bigger shoes last month because his were too small. He is growing, too!
- Tell the children that the foods they talked about that are made with milk have calcium to help them grow. Repeat the word calcium together.
- Show the picture of a skeleton and the picture of the tooth. Explain that bones and teeth need the calcium in milk or dairy products to grow and be strong.
- 4. Read and discuss the book you have selected.

Activity:

- 1. Have the children feel the bones in their arms and in legs. Ask them to pretend they don't have these bones. Can they walk? Can they lift or hold anything?
- 2. Have the children feel their skull bone. Ask what they think would happen to their brain if they didn't have this hard bone.
- 3. Have the children feel their ribs. Explain that their ribs protect their heart and lungs.
- 4. Measure each child's height on a large piece of paper taped to the wall. As you measure them, ask what milk product for growing bones is their favorite. Write their name on the chart. You may need to draw an arrow to the correct height as several children will probably be the same height.

Continued on back

Reflect:

- Ask the children to recall what some of their bones do.
- 2. Ask the children what is in milk that helps their bones to grow longer and their teeth to grow strong. (calcium)

Apply:

 Ask each student what milk or milk product for growing strong bones is his/her favorite. Write the name of that food by their name on the growth chart. Extend the activity:
Large Motor Creative
Movement . . . and differentiating left and right

Do:

- 1. Dance the Hokey-Pokey prefacing the movements by singing ... Because I have a skeleton I can: continue singing...
 - Put my right foot in, put my right foot out, put my right foot in and shake it all about. Drink milk! Eat foods with calcium and turn yourself around. That's what it's all about!
 - Because I have a skeleton I can put my right arm in, put my right arm out, put my right arm in and shake it all about. Drink milk! Eat foods with calcium and turn yourself around. That's what it's all about!
 - Continue with left arm, left foot, right hand, left hand, and finally head.

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