

Ca is one of the many minerals that you need to be healthy.  
Ca is very important to ensure strong, healthy bones and teeth.  
It also helps muscles and nerves to work properly.

## **BONES**

What is bone?

Bone is the hard material that makes up the frame, or skeleton, of the body.  
Bones, like the skull and ribs, give the body shape and strength.

*Exercise:*

1. *While sitting, bend over and touch your toes and hold!!!  
(while they are holding, tell them)  
The bones in your backbone make it possible for you to bend.*

*Question: Can anyone guess how many there are?  
3? 34? 340?*

*Answer: 34.  
They fit together at 22 separate joints. That is why you can bend, twist  
and turn  
Now come back up*

*Question: Does everyone have the same number of bones?*

*Answer: Babies actually have more bones than grown-ups about 300, but as  
you get older, some small bones join to make larger ones. About  
the time you graduate from high school, you will have 206 bones*

*Question: What's the big deal about bones? Why do you think they are so  
important?*

*Answer: They support our bodies, protect our organs, help us to stand*

*Exercise*

2. *Show me what would happen if you did not have any bones?  
They should lie like blobs on the ground*

## **Calcium**

*Question: Does anyone know what bones are made of?*

*Answer: Mostly of a mineral called calcium.  
More than 99% of your body's calcium is contained in your bones  
and teeth! The other 1% is in your blood.*

*Q When you think you should start making your bones stronger?  
Right now or later?*

*A The stronger you make your bones now, the better.  
Why is now the best time to make your bones stronger?*

b/c from about the age of 8 until your 20s, your bones are still building. When you get to the highest level of bone density you can achieve, you have reached what is called your "peak bone mass" Sometimes soon after your early 20s, you are done building bone mass and cannot build any more after that time

Q What can happen if you do not take in enough ca/mk?

Show strong and weak chicken bone

A Your bones will be less strong/weak and more apt to break. Our bodies continually remove and replace sm amts of ca from our bones. If your body removes more ca than it replaces, your bones will become weaker and have a greater chance of breaking.

Getting the recommended amt of ca = you can help your bones stay strong

Question: Who knows what "osteoporosis" means?

Answer: A disease that causes bones to become frail and brittle

Does everyone get osteoporosis when they get older?

No, There are lots of things to do to avoid having frail bones

Q In taking about strong bones, why do you think we are looking at food containers?

b/c certain foods help make our bones strong

Show food models

Foods w/ calcium and vit D help make your bones strong.

Ca:

Sk, 1%, 2%, wh mk: Discuss the fat amt of ca  
yougurt, cheese, pudding, gello

1c of mk = 2 cups of Broccoli, 1c greens, 1c okra, 1/3 c of tofu, 1/3 c salmon

Vit D helps our bodies absorb the calcium we need and calcium builds bones and keeps them hard and strong.

Vit D found in eggs, tuna and milk

## MUSCLES

Flex your bicep

Can you feel it moving?

Q Why do think muscles are so important?

Answer: They help move your bones, they make you strong

Q How do muscles help build strong bones?

A By doing physical activity, the muscles pull on the bones, making them stronger

Q Do stronger muscles mean stronger bones?

A Yes. Stronger muscles pull with more force on bones, so bones get stronger too

*Exercise:*

*Now give me a "thumbs up" How many muscles do you think are in your thump?*

*Nine*

Q How many muscles do you think are in the body?

A More than 600

### **Closing**

How many class of mk do you need every day?

Should you drink wh mk or sk mk?

How many bones does ur body have?

---



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. [www.cphp.uic.edu](http://www.cphp.uic.edu)