

## Classroom Activity



### WHAT'S IN YOUR BONES?

GRADES: 5-8

#### Materials:

- 2 clear mason jars with lids
- 2 clean, cooked chicken wing bones with meat and cartilage removed
- Milk
- Vinegar
- Pins

**1** Have students examine bones before they are placed in jars. Poke the bones with straight pins to test how hard the bones are. Instruct students to record results.

**2** Place one chicken bone in a jar and cover it with milk. Place other chicken bone in second jar and cover with vinegar. Cover both with lids and let soak overnight.

**3** Each day for 7 days, replace milk in jar so it does not spoil.

**4** After one week, take the bones from each jar and rinse them off. Allow students to test bones again by pricking with pins and bending.

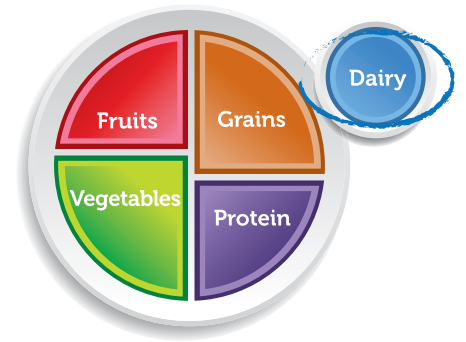
**5** Record results. Which bone was stronger in the end? Discuss how the bone soaked in vinegar was weaker. Vinegar is an acid that pulls calcium from the bone. Sodas contain a type of acid called phosphoric acid, which can prevent your body from getting enough calcium if you choose soda over calcium-rich foods.



# DAIRY

**Dairy foods include milk and many foods made from milk, such as cheese and yogurt.**

Dairy foods contain the mineral calcium, which is important for teeth and bone health. Dairy foods are also rich in potassium, which helps maintain healthy blood pressure, vitamin D, and protein. Low-fat and fat-free dairy products are the best options for our health as they contain little to no solid fats.



## TIPS FOR MAKING WISE CHOICES WHEN IT COMES TO DAIRY

- ✓ If you usually drink whole milk gradually switch to **fat-free** milk. Try reduced fat (2%), then low-fat (1%), or fat-free (skim).
- ✓ Choose **low-fat or fat-free** yogurt as a snack or add to a fruit smoothie.
- ✓ Top soups, salads, casseroles, and pastas with **reduced-fat or low-fat** cheese, such as cottage cheese, part-skim mozzarella, or feta.
- ✓ Top baked potatoes or tacos with plain, **fat-free** yogurt in place of sour cream.

For those who are lactose-intolerant, these foods are all good sources of calcium:



Seymour says:

*"Choose low-fat and fat-free milk, yogurt, & cheese."*

## February 2019

National Children's Dental Health Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
American Heart Month	Black History Month	Teen Dating Violence Awareness Month	Library Lovers' Month		National Freedom Day	Groundhog Day
3	4	5	6	7	8	9
Carrot Cake Day	Homemade Soup Day		Frozen Yogurt Day / Girls and Women in Sports Day	Send a Card to a Friend Day	Kite Flying Day	
10	11	12	13	14	15	16
	Make a Friend Day			Valentine's Day		Almond Day
17	18	19	20	21	22	23
Random Act of Kindness/ Cabbage Day	President's Day		Love your Pet Day			Banana Bread Day
24	25	26	27	28		
			Strawberry Day			