

Got Bones? Calcium Through the Ages

Objective

- To demonstrate the amount of calcium in the body at various ages.
- To illustrate the correlation between calcium needs and bone development.

Materials Needed

- 10 lbs white flour
- Measuring cups
- Clear plastic resealable bags or containers

Advance Preparation

- For each age group measure appropriate amount of flour into bags or containers
- Label each bag with as follows

Newborn	¼ cup
10-year old	3 1/2 cups
15 year old	7 cups
Adult	11 cups
Adult female with Osteoporosis	6 1/2 cups

Learn the Mystery of Missing Calcium

This simple experiment helps children learn why calcium is such an important nutrient for helping keep bones strong and healthy for a lifetime. Smaller bones work better than larger bones for this experiment.

What you need

- 2 cooked chicken bones with the meat removed
- 2 small glass jars with lids
- 1 cup water
- 1 cup vinegar*

(*You can also do this experiment with cola that contains phosphoric acid. Just refrigerate the jars and change cola every 2 to 3 days.)

What you do

Put one bone in each jar.

Fill one jar with water and the other with vinegar. Put on the lids. Set aside for at least two weeks.

What you'll see

In the jar with the vinegar, you'll see calcium crystals. Why? The calcium is pulled from the chicken bone, causing it to weaken and bend. After you take the bones out of the water and vinegar, leave them out to dry for a few weeks. Break each dry bone to compare which is stronger. The bone with less calcium will be brittle and break more easily.

Have a Milk Mustache Photo Contest!

Let your children be milk mustache stars!

1. Make the Milk Mustache mixture - a milkshake that leaves a great mustache on upper lips. All you need to do is blend 3 parts ice cream with 1 part milk until the desired consistency is reached. It's difficult to resist the urge to lick it off your lips, so make plenty!
2. Give each child some Milk Mustache mixture in a small cup.
3. Have them hold the cup up to their mouths and tip their cups back while keeping their heads still.
4. Make sure they keep their mouths closed as they "drink on their mustaches".
5. Take photos. Let children finish their Milk Mustache mixture after their photos are taken.
6. Have children write a caption about why they drink milk, and post pictures around the room.

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