



Best Bones Try-It Activities

If you are interested in a Leader packet of Best Bones, please send us your name, address, and troop age-level, along with \$2.00 and a packet will be mailed to your troop.

Introduction

We take many things for granted in life. Many things we do not even think about. For instance, have you ever thought about your bones? Bones are the framework your body is built on. Strong bones will help you to look and feel your best.

Osteoporosis (porous bones) is a gradual loss of bones mass, which causes the bones to become brittle and susceptible to fracture. You can prevent osteoporosis from happening to you when you get older by building stronger bones NOW.

Purpose: To educate girls and adult about osteoporosis.

Activities: Complete four activities, including three with a single asterisk (*).

Notes: This project should be done as a troop / group project.

To obtain your Best Bones Try-It, you must complete a Best Bones Questionnaire before starting the project. The troop / group must also complete an evaluation at the end of the project.

A Leader Packet is available at the Fox Valley Girl Scout Council Service Center 200 New Bond Street Aurora IL

The Leaders' Guide to the Best Bones Try-It is a comprehensive reference that can be used as a background for adults working with troops / groups completing Best Bones Requirements.

Activity 1: All About Bones

Bones give your body shape, protect parts inside you, help you walk, run, and jump, and move in many ways.

a) Cut out and put together a paper skeleton using fasteners (Appendix). How many bones can you name? Using a word bank, write the names of the bones on the backside of your skeleton (Answer key in Appendix).

b) The bones of your skeleton fit together at joints. There are more than 200 joints in your body. Without joints, your skeleton could not move. Shoulders, elbows, and ankles are joints. How many joints can you think of? Place "X's" on the paper skeleton where joints are found.

Activity 2 * : Learning About Calcium and Bones (Osteoporosis)

Calcium is what makes your bones hard. In fact, some kinds of rocks are made of calcium. Calcium is what makes seashells hard, too. When someone loses the calcium in their bones, they are said to have a disease called Osteoporosis. Osteoporosis is a

fancy word for saying "Bones full of holes." When someone doesn't get enough calcium, their bones become full of holes. Try this easy experiment to see what bones would be like if they had no calcium in them.

What you will need:

1. Two small chicken bones (they are a lot like your own bones!)
2. Two jars with lids
3. One cup of vinegar
4. Tap water

What to do:

1. Put on chicken bone in each jar.
2. Cover one bone with vinegar and the other with tap water.
3. Put the lids on the jars.

What to look for:

After about two days, remove the bones. Try to bend the tip of each. Which one bends? Check the bones again after another two to three days. Try to bend them in the middle. Which one got softer? Try cutting them with scissors.

What happened and why:

Calcium - hard as it is - dissolves in an acid like vinegar. The soft, rubbery bone in the vinegar jar has lost its calcium, showing what your bones, would be like without this essential nutrient.

You need calcium not only to grow strong bones, but also to keep them strong. Calcium enters and leaves your bones every day. That is why we continue to need to get calcium from our foods even after we have stopped growing.

Activity 3: Family Health History

Ask your parent or guardian about whom in your family has or has had problems with their bones? If someone in your family has or has had a problem with their bones, what is it called? What does or what did that person do to take care of their problem? See Appendix for listing of common musculoskeletal disorders.

Activity 4 * : Calcium in Your Food

Food like milk, yogurt, ice cream, cheese, and calcium-fortified orange juice contains calcium. Calcium is important for healthy bones. Children between ages four to eight years old need 3-4 foods/drinks (800 milligrams) a day that contain calcium. How many times each day do you have one of the foods listed above? Plan and bring a snack to share with your troop/group using at least one of the foods listed above. See Appendix for more specific information about daily requirements and servings sizes.

Activity 5 * : Exercise and Your Bones

Certain exercises are good for your bones. Activities like walking, running, and jumping make your bones strong. Biking and swimming are great activities for making a strong heart, but because your feet do not strike the ground, these activities do not strengthen bones. What activities do you do that include waling, running, or jumping? (For example: soccer, dancing, jumping rope, tennis, or gymnastics.) How often do you do one or more of these activities? Try a new activity that includes walking, running, or jumping at home or at your troop/group meeting. Talk with your troop/group about other

activities you could try to strengthen your bones.

Activity 6: Chart Your Future

A helpful way to remember to do things to keep your bones healthy is to use a chart. Record how many times you eat foods with calcium (For example: milk, yogurt, ice cream, cheese, or calcium-fortified orange juice) each day for one week. Also, record how many times you do a walking, running, or jumping activity each day for one week. See your troop/group leader for a blank chart.

My signature

Leader's signature

Date patch completed