

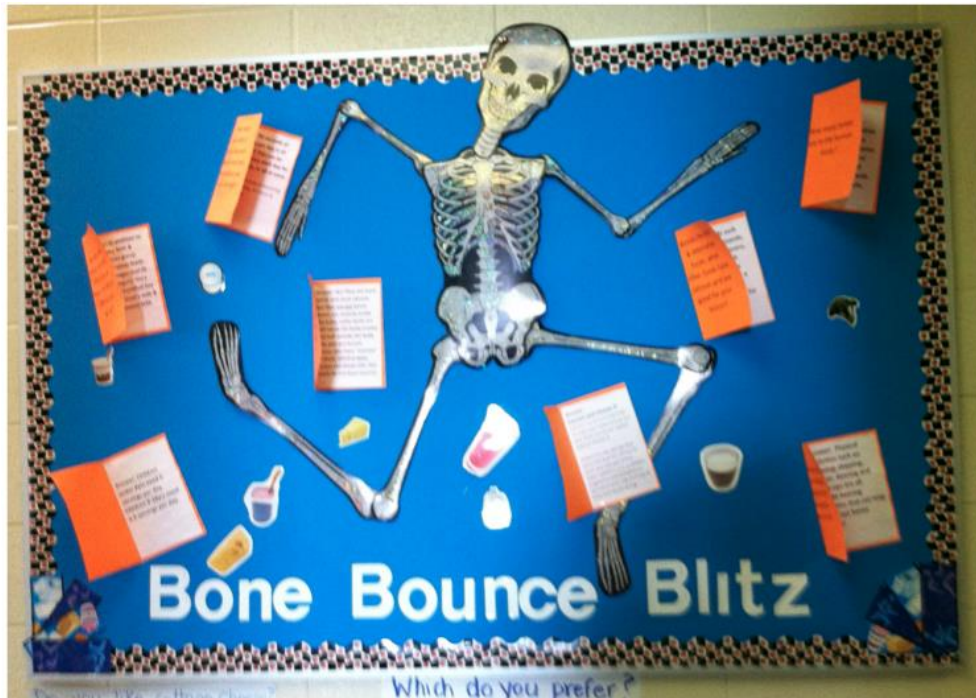
## Bone Bounce Blitz Bulletin Board

### Monthly Campaign Bulletin Board

#### Theme:

This campaign will promote bone health and the benefits of dairy products for healthy bones.

#### Bulletin Board Example:



#### Classroom Instructions:

Talk to your students about bones – what are they, where are they, what do they do and why are they important. Next, talk about bone health and ways that we can keep our bones healthy and strong. Work with a class to create a skeleton and then put the pieces together on the bulletin board.

#### Bulletin Board Instructions:

For this bulletin board you will need a skeleton.

The rest of the board is made up of flip cards with fun facts about bone health. The questions and answers for the flip cards are below

1. How many seconds of bouncing each day do you need to increase your bone strength?

**Answer:** 90 seconds of bouncing per day is all you need! This can be done 3 times each day for 30 seconds, or all at once.

Try it! 30 seconds of bouncing in the morning, at recess & after school!

2. How many bones are in the human body?

**Answer:** When babies are born they have over 300 bones! Some of those bones fuse together as we get older, leaving us with 206 bones as adults.

3. How many servings of Milk & Alternatives are recommended per day?

**Answer:** Children under 8yrs need 2 servings per day. Children 9-18yrs need 3-4 servings per day.

4. Besides the Milk & Alternative foods, what other foods have calcium and are good for your bones?

**Answer:** Foods such as: broccoli, almonds, oranges, pinto beans, fortified tofu, bok choy and sardines with bones are all a great source of calcium and great for bones.

5. Are teeth bones?

**Answer:** No! They are hard, white and need calcium, but they are not bones. Bones are entirely inside the body, while teeth are half inside the body (roots) and half outside the body (the part you brush). Bones also have “marrow” in them, which is what makes red blood cells. Our teeth do not have marrow.

6. Can you name some physical activities that are good for your bones?

**Answer:** Physical Activities such as: running, skipping, soccer, dancing and push-ups are all weight bearing activities that can help make our bones strong!

7. What is in milk that helps us build stronger bones?

**Answer:** Calcium and Vitamin D

**Calcium is a mineral that helps to make your bones strong, but your body cannot use calcium without vitamin D.**

**Vitamin D is like the key that opens the door for calcium to come and visit your bones. Other nutrients such as protein, magnesium and phosphorous also come from milk and help to keep your bones strong.**

8. Besides milk, what are some other choices from the Milk & Alternatives group?

**Answer:** In addition to milk in the Milk & Alternatives group, there are other foods and beverages that fit in this category. Here are a few: Fortified Soy Beverage, Goat's milk & cheese, Almond Milk and Kefir.