



Healthy and Strong Bones

Suggested Activities

1. Review the vocabulary words in this packet. This activity can be done before or after the video.
2. Have your student gather items from around the house of foods and activities (i.e., jump rope, balls, sports equipment, etc.) that are good for building strong, healthy bones. Take a picture to upload on social media. Please tag us #BeMoreHealth, #morehealthinc.
3. Cut and put together “Mr. Bones” puzzle. Bones can be colored, stapled, glued, or taped together. Take a picture to upload on social media. Please tag us #BeMoreHealth, #morehealthinc.
4. Your student can start and keep a diary tracking the amount of foods consumed with calcium and the number of hours of physical activity.
5. Visit www.superkidsnutrition.com for additional activities educators and parent information.

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Healthy and Strong Bones

Vocabulary

1. **bone_n** any of the hard pieces that are joined together to form the skeleton of a person or animal; living tissue made up of calcium
2. **calcium_n** a mineral that is needed in the diet to build strong bones and teeth
3. **dairy foods_n** foods that are high in calcium like milk, cheese, yogurt, and ice cream
4. **exercise_n** active use of the body in order to make it stronger and healthier
5. **fortify_v** adding vitamins and minerals to food
6. **helmet_n** a hard covering to protect the head
7. **organ_n** a part of the body that has a special purpose (heart, lungs, liver)
8. **preventable_{adj}** can be stopped from happening
9. **ribs_n** the curved bones that are attached to the backbone and reach around to form the chest
10. **safe_{adj}** free from harm or danger
11. **skeleton_n** the framework of bones of a body
12. **skull_n** the bony framework of the head, that encloses and protects the brain

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