

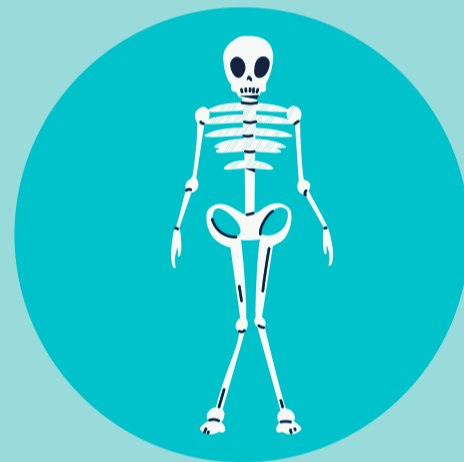
# "STRONG BONES"



JOIN LILY AND SUPERCHEF SPICER FOR A FUN SCIENCE EXPERIMENT ABOUT CALCIUM!

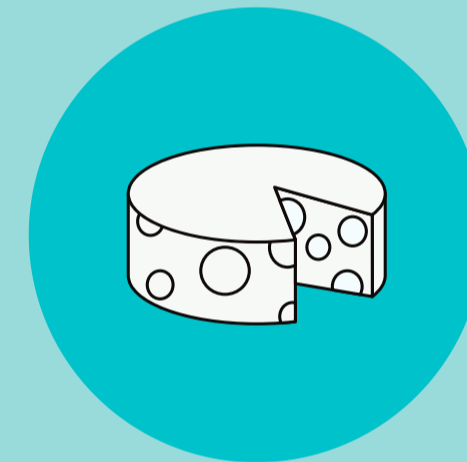
## IMPORTANCE OF CALCIUM

- CALCIUM IS THE MOST ABUNDANT MINERAL IN OUR BODIES.
- CALCIUM HELPS TO GROW AND MAINTAIN OUR BONES AND TEETH.
- THE MORE CALCIUM CARBONATE OUR BONES HAVE, THE STRONGER THEY ARE. THE LESS CALCIUM CARBONATE THEY HAVE, THE WEAKER THEY ARE.
- WEAKER BONES CAN LEAD TO OSTEOPOROSIS WHEN YOU ARE OLDER.



## FOODS THAT CONTAIN CALCIUM

- DAIRY PRODUCTS (MILK, YOGURT, CHEESE).
- GREEN VEGETABLES (BROCCOLI, SPINACH, KALE).
- SOY PRODUCTS ENRICHED/FORTIFIED WITH CALCIUM (TOFU, SOY MILK, SOY YOGURT).
- FISH WITH BONES INCLUDED (CANNED SALMON, SARDINES).
- NUTS AND SEEDS (ALMONDS).



## CHICKEN BONE EXPERIMENT

THIS EXPERIMENT SHOWS WHAT HAPPENS TO BONES WHEN THEY HAVE LESS CALCIUM CARBONATE. TRY BENDING THE BONE BEFORE AND AFTER THE EXPERIMENT TO SEE THE IMPORTANCE OF CALCIUM.

THE SUPPLIES:

1 CLEAN CHICKEN BONE, 1 LARGE GLASS AND WHITE VINEGAR.

THE STEPS:

1. PLACE THE CHICKEN BONE IN THE GLASS.
2. POUR THE WHITE VINEGAR INTO THE GLASS UNTIL THE BONE IS SUBMERGED.
3. LET THE BONE SOAK FOR TWO DAYS.
4. AFTER TWO DAYS, REPLACE THE OLD WHITE VINEGAR WITH NEW WHITE VINEGAR.
5. LET IT SOAK FOR ANOTHER TWO DAYS.
6. THE ACID IN THE VINEGAR HAS DISSOLVED THE CALCIUM CARBONATE IN THE BONE. REMOVE THE BONE FROM THE VINEGAR AND SEE WHAT HAS HAPPENED TO IT!

