

SOURCES OF CALCIUM

Focus Lesson: Sources of Calcium

Materials:

Kids Health: Calcium and Your Child
<http://kidshealth.org/parent/growth/feeding/calcium.html#>

Calcium food list (<http://www.iofbonehealth.org/calcium-rich-foods>)

The Healthy Body Cookbook by Joan D'Amico and Karen E. Drummond

Time: 45 minutes

***Common Core Standards:**

CCSS.ELA-LITERACY.W.5.1

Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

Thinking Skill: Exploring, Creating

Objective:

Students will be able to understand which food products provide good sources of calcium.

Connection:

We know it is important to have strong bones, but in addition to weight bearing exercise, what kind of foods make our bones strong?

Explicit Instruction:

Define calcium and why it is important. (A mineral found in many kinds of food that is stored in the bones and teeth).

Define Vitamin D and why it is important. (Helps your body absorb calcium, protects your bones).

Today we are going to explore different ways our bodies can absorb calcium and Vitamin D.

Guided Practice:

Brainstorm a list of ideas of ways that our bodies absorb calcium.

Ask the class:

Erica found out that she is lactose intolerant. This means that she is unable to eat dairy products without feeling sick. Does this mean that Erica will not be able to get calcium to her bones anymore? Why?

Give students a list of foods with calcium

Ask students to circle foods they were surprised that had a lot of calcium.

Discuss that milk is one of the best ways to get calcium into our bodies, but if people cannot drink milk there are other foods that provide calcium.

Independent Practice:

Have students create a list of meals that they want to eat for one day (breakfast, lunch, and dinner). Using the chart, have them calculate how much calcium they get if they eat this meal. Have students write about why they chose these foods.

Allow students to look through *The Healthy Body Cookbook* by Joan D'Amico and Karen E. Drummond

Reflection – Group Share:

Have students all stand up with their meal of the day.

Ask one student to read out the amount of calcium they calculated. Tell students to sit down if their amount is the same or less. Once you get to the student (or top 3-5 students) with the best calcium intake, ask them what foods they ate.

Then have students work together to add more calcium to their menus to approach the daily recommended amount for their age. These amounts can be found on the website links below (kids and adults require different amounts).

Reading List:

The Healthy Body Cookbook by Joan D'Amico and Karen E. Drummond

Website Resources:

Kids Health: Calcium and Your Child (<http://kidshealth.org/parent/growth/feeding/calcium.html>)

How Much Food From the Dairy Group is Needed Daily? (<http://www.choosemyplate.gov/food-groups/dairy-amount.html>)

International Osteoporosis Foundation <http://www.iofbonehealth.org/calcium-rich-foods>

Teacher Note: