Calcium Rescue

AGE/GRADE LEVEL: Youth, Grades 3-5

FORMATION: Standing at desks

EQUIPMENT: 4 sets of pictures:
- Calcium rich foods (e.g., dairy or leafy greens)
- Calcium-depleting foods (e.g., soda pop, candy, or chips)
- Bone-building activities (e.g., running, swimming, or walking)
- Activities that don’t build bones (e.g., video games, sitting, or laying down)

RULES/DIRECTIONS:
1. Explain which types of food and activity are good for your body (“calcium rescue”) and which are not (“calcium danger”):
   - Calcium rich foods – Calcium rescue
   - Calcium-depleting foods – Calcium danger
   - Bone-building activities – Calcium rescue
   - Non-bone-building activities – Calcium danger

2. Teacher flashes a picture and identifies an action to do if it is a calcium rescue and a different action to do if it is a calcium danger. For example: “If you think this is a calcium rescue, do 5 jumping jacks; if you think this is a calcium danger, make your body puddle to the floor like you have no bones.”

3. Teacher continues to flash pictures from all categories, changing exercises for each calcium rescue. e.g., jump up and down 5 times, turn around 5 times, touch the floor 5 times, etc. Continue to use the same action until a new calcium rescue is called.

4. Continue for at least 5 minutes or until you have gone through all pictures.

NUTRITION NOTE: Use with lesson on building bone strength by eating calcium-rich foods and doing physical activities that build bones.

“Energizers for Nutrition Education” was developed by Health and Nutrition staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4691. For more information on Health and Nutrition, visit www.extension.umn.edu/family/health-and-nutrition.