



Healthy Bones Action Week

Activities for Services



The Healthy Bones Action Week starts on the first Sunday in August and runs for one week. The aim is to encourage all Australians to build strong bones by getting enough calcium, exercise and vitamin D.

The biggest opportunity to build strong bones is in childhood, when children are still developing their bone mass. This is why it is extremely important for children to eat a calcium rich diet.

What does this mean for Childcare Services?

Healthy Bones Action Week is a good time to review your nutrition policy, menus and the amount and type of dairy you serve. It is recommended that children have 1½-2 servings of dairy per day, with half of these servings being catered for whilst children are in care.

What's a serve?

- 1 cup of milk (250mLs)
- 3/4 cup of yoghurt (200g)
- 2 slices of cheddar cheese (40g)
- 1/2 cup ricotta cheese (120g)



Funny Corner

What would you use to count cows?

-A 'cow'culator!

What do cows do for fun?

-They go to the 'moo'vies!



'Full-cream' versus 'reduced-fat' dairy?

Are you offering reduced-fat varieties to children over the age of two and if not is this a small change you could make at your ECEC?

As an educator, you can educate parents about this recommendation.

Places where you can find this information include:

- Your Munch & Move Manual and factsheets
- Get up and Grow resources
- Australian Guide to Healthy Eating Resources
- NSLHD Munch & Move Reduced-fat milk factsheet



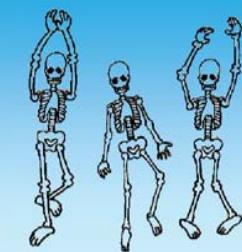
Craft Ideas

- Find a picture of a skeleton and help children label the major bones.
- Trace around children's bodies on butcher's paper and ask them to draw in the different bones they have learnt about.
- Make a bones lotto game, where the children can match the bones to the skeleton.
- Talk to children about where dairy foods come from. E.g. milk is collected from a cow's udder, which is then processed into milk we drink or converted into the milk products like cheese, yoghurt. See diagram on next page.



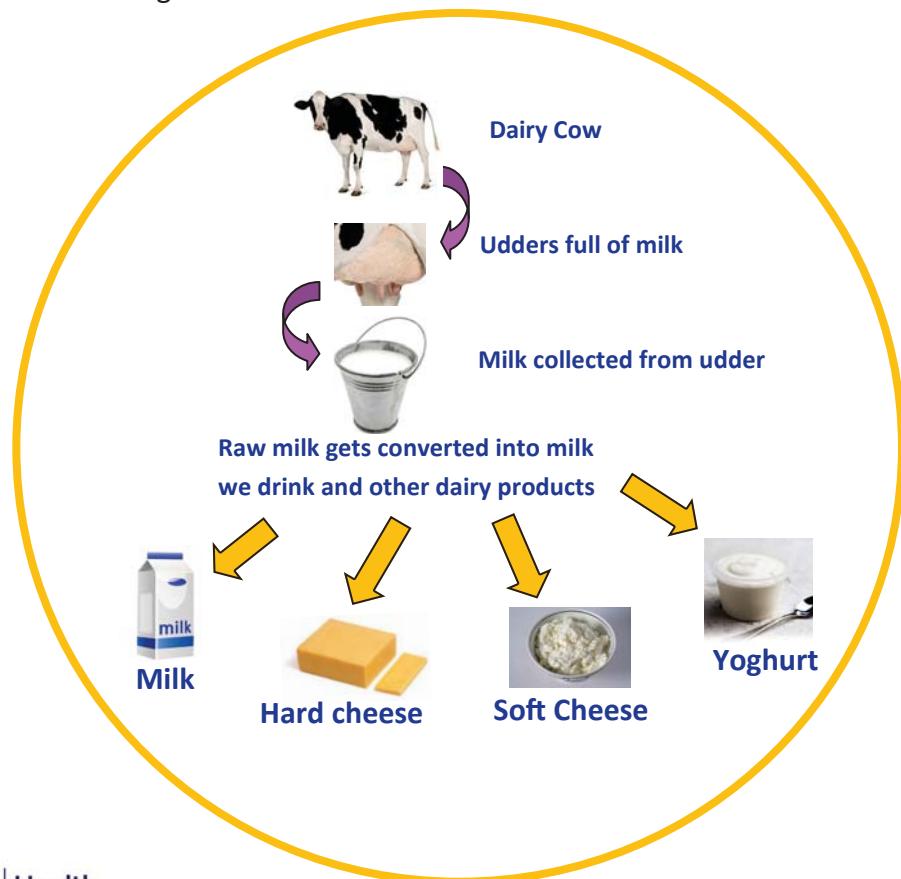
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Where do dairy products come from?

This is a great time to discuss with children where diary products come from and the importance of consuming these for healthy strong bones. Why not make up an action song where children are dairy farmers milking the cows!



Interesting bone facts for classroom discussion:

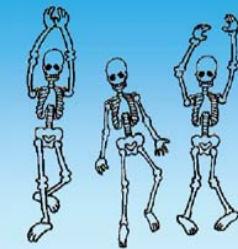
- Eating calcium rich foods such as milk, yoghurt and cheese is important for your bones to grow, to be strong and healthy and also to have healthy teeth.
- For children and teenagers their bones are continually growing in length and size - they are growing right now! So we need to eat calcium foods everyday.
- Milk and water are the best drinks for healthy bones.
- Playing games that involve hopping, dancing, skipping, running and jumping are all excellent for your bones.
- The human skeleton is made up of 206 bones, including bones of the:
 - Skull—including the jaw bone
 - Chest—ribs and breastbone
 - Hands—wrist bones, fingers
 - Spine—all vertebrae, sacrum and tailbone
 - Pelvis—hip bones
 - Feet—ankle bones, toes





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Physical Activity Ideas

Weight bearing physical activity is beneficial for building bone density in children. This includes fundamental movement skills such as hopping, jumping, skipping and running. Why not try games that focus on these for example:

- Hopscotch
- Skipping over ropes,
- Relays using different types of movements.
- Leap frog games

Discuss with children what bones they would be using with each different movement.



Lenny the Leap Frog Game

Set up a variety of different coloured hoops on the ground. Have a dice or spinner with different colours. Spin the spinner or roll the dice and then the children need to jump in that coloured hoop. See how many jumps the children can do in the different coloured hoops. To vary, children can jump like different animals e.g. frogs, rabbits.



Healthy Eating Ideas

- Provide a special dairy week menu and ask the children to create some fun names for lunch and snacks. E.g. Charlie cheese cubes, cheesy submarine, Molly milkshake, Yasmin yoghurt.
- If children bring their own food encourage parents to pack dairy snacks.
- Parents could bring in their favourite healthy dairy recipe which could be shared with other families

Banana & Passionfruit Smoothie Recipe

This is a simple dairy recipe that the children could easily help you prepare. Ask children if they can work out which ingredients are from dairy sources



Ingredients:

- 1 large overripe, frozen banana - peeled and coarsely chopped
- 1/2 cup reduced-fat vanilla yoghurt
- 1/4 cup reduced-fat milk
- 1 passionfruit, halved , pulp removed ice

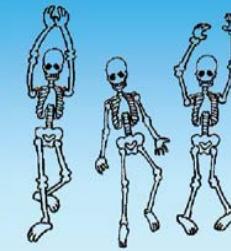
Method:

1. Place banana, milk, yoghurt and ice in blender and blend until smooth
2. Pour the smoothie evenly among 2 glasses, top each glass with half of the passionfruit and serve immediately



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Yoghurt Pikelets Recipe

Pikelets make great snacks as they keep well and can be eaten cold. They can also double up as a healthy party food option. This is a simple recipe that you could make as a cooking demonstration with the children.

Ingredients: (makes 12)

1 cup wholemeal self raising flour

3/4 cup reduced fat milk

1 egg

1 teaspoon vanilla essence

1 cup reduced fat natural yoghurt

1 teaspoon vegetable oil

2 cups chopped fresh fruit



Method

1. Combine the milk, egg, vanilla and half the yoghurt together and whisk into the flour to make a smooth batter.

2. Heat oil in frypan and pour a tablespoon of the mixture fitting as many as you can in the pan without the pikelets touching. Cook for up to 2 minutes on one side or until bubbles start to appear on the surface. Turn each pikelet and cook until golden.

3. To serve, top each pikelet with the remaining yoghurt and sprinkle with chopped fruit.

Song ideas

Try singing these fun songs about your bones – it's a fun way for children to learn about the different bones. It can be a great rainy day activity.

Dem bones

Your toe bone's connected to your foot bone, Your foot bone's connected to your leg bone. Your leg bone's connected to your knee bone... Etc. etc.

You can then sing the song in reverse from the head bone all the way down to the toe bone.

Hokey Pokey (with Bones)

Replace body parts with bones when doing the hokey pokey.

*Put your foot bone in, put your foot bone out,
Put your foot bone in and shake it all about,
You do the hokey pokey and you turn your bones around
That's what it's all about!*



Useful websites

www.healthybones.com.au

[www.betterhealth.vic.gov.au/bhcv2/
bhcarticles.nsf/pages/Calcium](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Calcium)