

# Healthy Bones Action Week

## Introduction



This year Healthy Bones Action Week is held from 25 – 31 August. It's a Dairy Australia initiative held each August, encouraging Australians to take simple steps to protect their bone health.

Life Ed and Dairy Australia have collaborated on 4-teacher-led lessons to help students learn skills, strategies, and information about the importance of caring for their bones. These lessons can be differentiated for learners in Foundation to Year 6 and can be completed as a class or independently.

## 3 actions to support healthy bones

### 1. Enjoy calcium rich dairy foods like milk, cheese and yoghurt

Milk, cheese and yoghurt aren't just fridge staples, they're an easy way to boost calcium and protein, both essential for strong bones and muscles. So how much dairy do you really need? The Australian Dietary Guidelines recommends:

- 4-8 years old: 1.5 serves \*
- 9-11 years old: 2.5 serves\*
- 12-18 years old: 3.5 serves\*

\*one serve of dairy is equivalent to 1 cup milk (250ml) or  $\frac{3}{4}$  cup yoghurt (200g) or 2 slices of cheese (40g)



### 2. Move your body with weight bearing exercises

Simple, weight-bearing activities like walking, running, skipping, or even dancing all count. Stick to what feels fun and doable, maybe even give something new a try.



### 3. Vitamin D from safe sun exposure

Sunshine helps your body produce vitamin D, which is essential for calcium absorption. The amount of safe sun exposure needed varies depending on where you live and the time of year. Sun exposure times are based on the season, location within Australia, skin type and the amount of skin exposed. Sun exposure for vitamin D should be balanced with skin protection.\*



\*Skin protection includes 5 ways – Slip on clothing, Slop on sunscreen, Slap on a hat, Seek shade, Slide on sunglasses. For more information please visit [healthybonesaustralia.org.au](http://healthybonesaustralia.org.au)

## Video Resources

[How much dairy do kids need?](#)

## Dairy Australia Lesson Plans

[Health and Nutrition - Healthy Bones](#)

[Powered By Milk](#)

## Other Resources

Healthy Bones Action Week class puzzle and colouring sheet [download here](#)

# Healthy Bones Action Week

## Teacher-Led Lesson Guide



### Lesson objectives

In these four lessons, students will learn about our amazing bodies and bones, how good nutrition, exercise, and healthy habits support bone health. They'll explore how key nutrients, especially from dairy foods, help build strong bones and how calcium, vitamins, and safe sun exposure all play a part in lifelong bone health.

3 Actions To Support Healthy Bones	Activity 1	Activity 2	Activity 3	Activity 4
<p><b>Enjoy calcium rich dairy foods like milk, cheese and yoghurt</b></p> <p>Milk, cheese and yoghurt aren't just fridge staples, they're an easy way to boost calcium and protein, both essential for strong bones and muscles and teeth.</p>	<p><b>What Bones Do You Know?</b></p> <p><b>LI:</b> Today we are learning the names and locations of some of the major bones in the human body.</p> <p><b>SC:</b> Students will label some of the major bones in the human body using the names in the word bank, and identify the 3 actions to keep bones healthy and strong.</p>	<p><b>Bones, Muscles and Joints - Move It!</b></p> <p><b>LI:</b> Today we are learning about and completing some different weight bearing movements that are necessary for strong healthy bones.</p> <p><b>SC:</b> Students will estimate, then record the actual number of times they are able to complete each movement in 1 minute.</p>	<p><b>The Perfect Picnic</b></p> <p><b>LI:</b> Today we are learning about the 3 actions to support strong healthy bones.</p> <p><b>SC:</b> Students will draw a picture of themselves and their family, or friends enjoying a picnic. They will include calcium-rich foods, sun-safe exposure, and weight-bearing exercise</p>	<p><b>Dairy Dash - Game</b></p> <p><b>LI:</b> Today we are learning about eating enough serves of dairy.</p> <p><b>SC:</b> Students will play the game to collect 3 recommended serves of dairy for strong healthy bones and teeth.</p>
<p><b>Move your body with weight bearing exercises</b></p> <p>Simple, weight-bearing activities like walking, running, skipping, or even dancing all count. Stick to what feels fun and doable, maybe even give something new a try.</p>	<p>Bones provide structure and support to help us stand, as well as act as protection for some of our vital organs including the brain, heart, and lungs.</p> <p>Our bodies also need essential nutrients to help our bones to be strong and healthy. These include: Calcium, Phosphorus, Vitamin D, Magnesium, Protein, Zinc, and Potassium which can be found in dairy foods like milk, cheese and yoghurt.</p>	<p>Weight-bearing exercise helps keep bones strong and healthy throughout your life.</p> <p>Bones are made up of living tissue. They get stronger when you use them. Weight-bearing exercise is important in making our bones bigger and stronger. This makes them less likely to break.</p> <p>The best way to keep bones strong is to do both weight-bearing impact and muscle-strengthening exercises. Variety is good for bones. Do a range of movements, in different directions and at different speeds.</p>	<p>To keep your bones strong and healthy, it's important to eat calcium-rich foods like milk, cheese, yoghurt. Calcium is like the building blocks for your bones.</p> <p>Getting safe sunshine each day helps your body make vitamin D, which helps your bones use all that good calcium. Don't forget to wear a hat and sunscreen.</p> <p>Playing outside, jumping, skipping, and running are fun weight-bearing exercises that help make your bones even stronger. When you look after your bones, you can move better and play longer.</p>	<p>it's important to eat the recommended number of serves of dairy each day.</p> <p>Dairy helps kids stay healthy by providing calcium and protein for strong bones and teeth.</p> <p>The protein in dairy helps your muscles grow and your body heal when you get hurt.</p> <p>Dairy gives you the energy you need to stay focused at school and run around at lunchtime!</p> <p>Yoghurt has healthy bacteria that help your tummy digest food properly and stay strong.</p> <p>Dairy has protein and healthy fats that help you feel full for longer, so you won't always be hunting for snacks!</p>
<p><b>Safe sun exposure</b></p> <p>Vitamin D from safe sun exposure</p> <p>Sunshine helps your body produce vitamin D, which is essential for calcium absorption. The amount of safe sun exposure needed varies depending on where you live and the time of year. Sun exposure times are based on the season, location within Australia, skin type and the amount of skin exposed. Sun exposure for vitamin D should be balanced with skin protection.</p>				

# What Bones Do You Know?

FOUNDATION - YEAR 6

Label



INSTRUCTIONS: Label the bones in the human body using the correct names from the word bank below.

pelvis

spine

radius

tibia

ribs

skull

femur

ulna

fibula

teeth

te

sk

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## Essential Nutrients for Bone Health

Eating foods containing Calcium, Phosphorus, Vitamin D, Magnesium, Protein, Zinc, and Potassium helps us to have strong healthy bones.

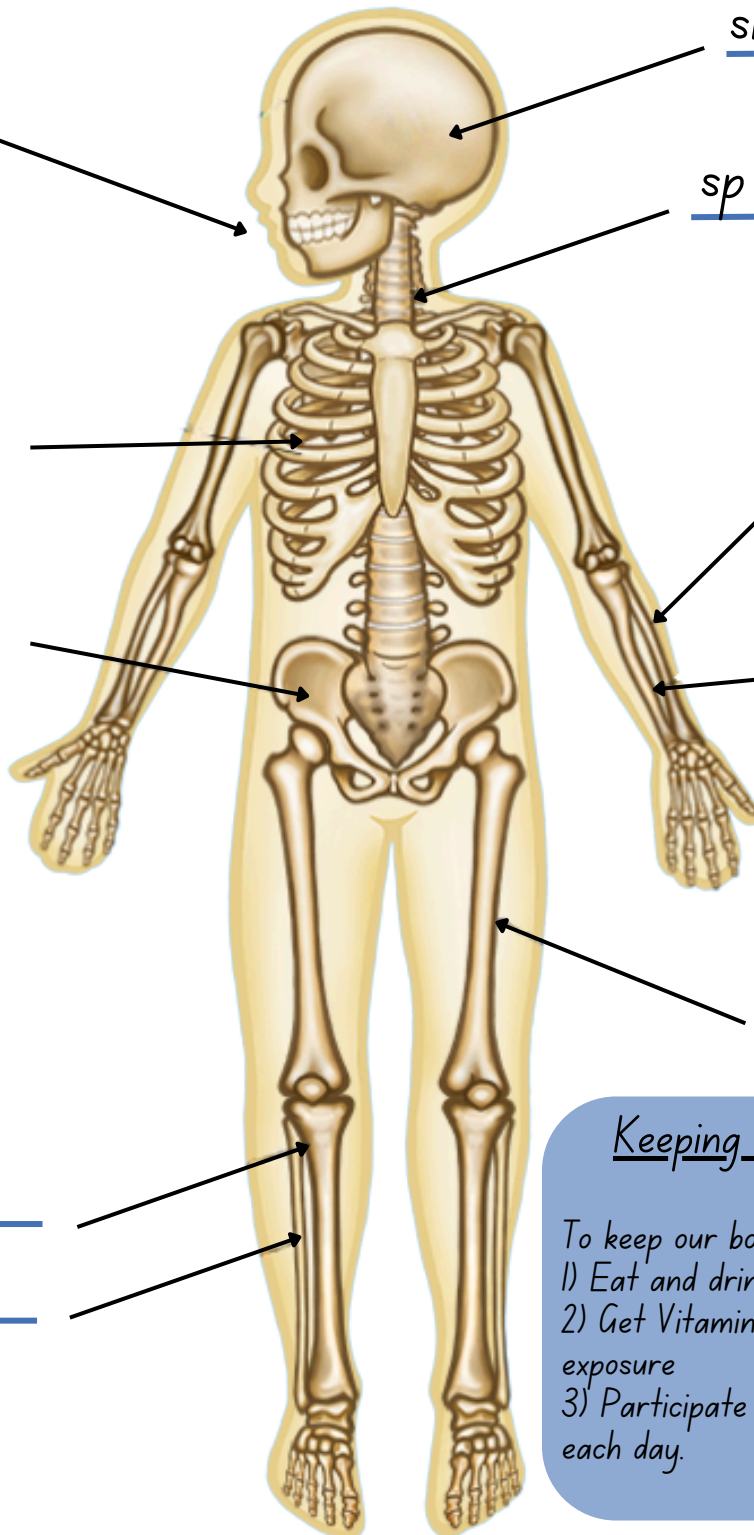
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## Keeping Bones Healthy and Strong

To keep our bones strong we need to  
1) Eat and drink calcium-rich dairy foods  
2) Get Vitamin D from some safe sun exposure  
3) Participate in weight-bearing exercise each day.



# Bones, Muscles and Joints - Move It!






**FOUNDATION - YEAR 6**

**Movement**



**INSTRUCTIONS:** See how many of each movement / weight-bearing exercise you can do in 1 minute. First make a guess and then complete the activity to see how close you were.

Bones, muscles, and joints work together like a team to help your body move. Bones give your body shape and support, muscles pull on the bones to make them move, and joints are the places where bones meet and bend, like your knees and elbows. When you run, jump or wave, your muscles and joints help move your bones in the right way. Our bodies need a diet including calcium-rich foods like dairy for strong bones, weight-bearing exercise, and Vitamin D from safe sun exposure.

Movement / Exercise	Example	Instruction	Estimate (guess)	Actual
Standing Jump		Bend your knees, swing your arms, and jump straight up as high as you can!		
Hopping		Lift one foot and hop up and down on the other foot		
Star Jumps		Jump up while spreading your arms and legs out like a star, then jump back to your starting position.		
Knee Raises		Lift one knee up toward your chest, then lower it and switch to the other knee, like you're marching in place.		
Squats		Bend your knees and lower your body like you're sitting in a chair, then stand back up tall.		

# The Perfect Picnic

**FOUNDATION - YEAR 6**

**Draw**



INSTRUCTIONS: Draw a picture of you with your family or friends at a picnic. Draw your group enjoying some calcium-rich food, some safe sun, and doing some weight bearing exercise. These all keep your bones strong.

- ✓ Calcium-rich foods – like milk, cheese, yoghurt
- ✓ Vitamin D – from the sun, but wear a hat and sunscreen
- ✓ Exercise – jumping, running, climbing – all help make bones stronger!



# Dairy Dash - Game

**FOUNDATION - YEAR 6**

**Play**

**2-4 players**

You will need:

- A 6-sided dice
- A counter per player

INSTRUCTIONS: Kids need between 1.5 and 3.5 serves of dairy a day.  
Play the game to collect 3 serves of dairy per day.

*Recommended serves:*

- 4-8 years old: 1.5 serves
- 9-11 years old: 2.5 serves
- 12-18 years old: 3.5 serves

*One serve looks like:*



1 cup  
(250ml)  
milk



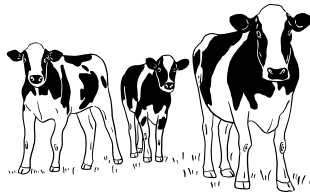
2 slices  
(40g)  
cheese



3/4 cup  
(200g)  
yoghurt

**Finish**

Well done.  
You collected 3  
serves of  
dairy.



STOP! Collect the  
serve of yoghurt.

Roll a 2 to  
continue.



STOP! Collect the  
serve of cheese.

Roll a 6 to  
continue.



Move  
back 2  
spaces

Move  
ahead 2  
spaces

Feed the  
cow.  
Roll again



STOP! Collect the  
serve of milk.

Roll a 4 to  
continue.

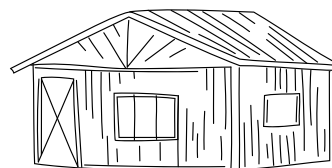


Move  
back 2  
spaces

Stuck in the  
mud.  
Miss a turn

**Start**

Roll a 5 to  
move from  
start.



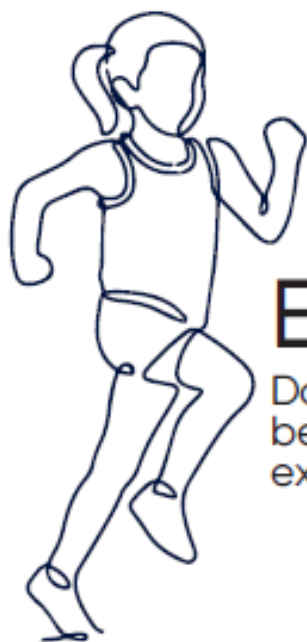
Help the  
farmer  
Roll again

Move  
ahead 2  
spaces

# Simple actions

for stronger bones

## Healthy Bones Action Week



### Exercise

Do weight-bearing exercise

Did you know...  
that weight-bearing  
exercises like running,  
jumping and dancing  
are good for  
strong bones?

Did you know...  
dairy foods contain  
protein for growth  
and development and  
healthy muscles?

### Consume

Eat and drink milk,  
cheese and yoghurt  
for calcium

### One serve

of dairy is equivalent to



Milk  
1 cup  
(250ml)

or



Yoghurt  
3/4 cup  
(200g)

or



Cheese  
2 slices  
(40g)

### Vitamin D

Get safe sunshine  
for vitamin D

Depending on your age  
and gender, you need  
between 1½ and 3½ serves  
of foods from the dairy  
food group every day.

# Dairy for growing bodies match-up

Healthy Harold needs your help to understand how some of the important vitamins and minerals found in dairy foods help him grow tall, strong and healthy.

Draw a line from each box below to match the part on Harold's body.

**Carbohydrate**  
Provides energy  
for the body,  
including the brain

**Vitamin A**  
Important for  
healthy eye sight

**Calcium**  
Essential for  
strong bones  
and teeth



**Zinc**  
Helps heal cuts  
and scrapes

**Potassium**  
Helps your heart,  
muscles and  
nerves to function



# Dairy Kitchen

## Macaroni and Cheese Muffins

**Cook & Eat**



## Ingredients

- 2 cups elbow pasta or macaroni
- 1/2 cup grated pumpkin
- 1/2 cup grated carrot
- 2 tablespoons water
- 2 tablespoons self raising flour
- 1/4 cup milk
- 1 teaspoon dijon mustard
- 3 eggs
- 125g can corn kernels, drained and rinsed
- 2 cups grated cheddar cheese
- 2 tablespoons finely grated parmesan cheese

**These cheesy, vegetable filled mac and cheese muffins will be an instant hit with the kids.**

## Method

1. Boil macaroni for 10 minutes or until al dente, drain.
2. Meanwhile, place pumpkin, carrot and water in a microwave safe steamer and steam on high for 3 minutes. Stand for 2 minutes before lightly mashing with a fork.
3. Whisk flour, milk, mustard and eggs together in a large bowl, then mix in cheddar cheese, corn, mashed vegetables and macaroni until combined.
4. Spoon mixture into paper case lined muffin pans and sprinkle with parmesan. Bake at 180°C for 20-25 minutes until golden brown. Cool for at least 15 minutes before serving. Muffins can be served warm, at room temperature or even cold.

# Dairy Kitchen

## Pear & Passionfruit Yo-pops

### Cook & Eat



## Ingredients

- 1 cup (3 halves) drained canned pears in natural juice
- 1 1/2 cups vanilla yoghurt
- 1/4 cup passionfruit pulp (fresh or canned)

**An incredibly simple frozen treat you can make at home and feel good about!**

## Method

1. Blend pears and yoghurt in a blender until smooth.
2. Layer passionfruit and pear yoghurt into icy pole moulds, insert an icy pole stick two-thirds of the way down and freeze until firm.



## Bone Hero Award

AWARDED TO:



DATE: \_\_\_\_\_