

KID-FIT Classroom Project

“Calcium In My Tummy”

You will need:

- One body form with calcium rich food choices template for each child
- Yarn
- Crayons
- Glue
- Scissors
- Paper Punch

Help children learn how tasty calcium rich foods are.

1. Purchase the 5 items shown on the body form template. Make sure you have enough for each child to get a good taste.
2. Prepare foods and put on a plate. Keep any wrappers and packages for later.
3. Tell the children they get to try 5 different foods that are good for their bones. Have them try one item at a time (circle the room and give each child the first food item).
4. After all children have tried all 5 items, ask them to choose the 2 they enjoyed the most. Have children color them on the page with the body form on it.
5. Let children decorate their body form to represent themselves. Decorate with yarn, glue, crayons and/or markers. Put each child’s name on their form.
6. Once they have their body finished, help them tear/cut it out. Tear/cut out the foods they chose too. Show them any wrappers now, so they recognize the packaging later.
7. Show children how to glue their two favorite foods onto their “tummy”.
8. Use the paper punch to make a hole in the hand of each child’s body form.
9. String the bodies together with yarn. Use to decorate the classroom or bulletin board.

Note: This is a great snack time activity that helps children get the calcium they need.

