

MARSHMALLOW CALCIUM

Objective

To demonstrate the calcium content contained in a variety of foods and daily calcium needs.

What to do

Assemble

- Miniature marshmallows
 - 8 clear sandwich-size resealable bags
 - Food models or pictures of 1 cup milk, 1 cup yogurt, $\frac{1}{2}$ cup broccoli, an orange, a slice of cheese pizza, and a corn tortilla
1. Label one bag "Calcium Needs for 9- to 18-Year-Olds." Add 130 marshmallows. Each marshmallow represents 10 mg of calcium. This bag is used as a reference.
 2. Label one bag "Calcium Needs for 19- to 50-Year-Olds." Add 100 marshmallows. Each marshmallow represents 10 mg of calcium. This bag is also used as a reference.
 3. Label the other six bags "A," "B," "C," "D," "E" and "F." Following the chart below, insert marshmallows into the corresponding bags to represent calcium content. Each marshmallow represents 10 mg of calcium.

Bag	Food	Portion Size	Mg/Calcium	Number of Marshmallows
A	Milk	1 cup	300	30
B	Yogurt	1 cup	400	40
C	Cheese Pizza	1 slice	220	20
D	Broccoli	$\frac{1}{2}$ cup	50	5
E	Orange	1 medium	50	5
F	Corn Tortilla	1	40	4

Activity

- Create a matching game by having students pair the appropriate bag of marshmallows to the food.
- Compare "Calcium Needs" bags to calcium content of foods to determine how food choices help you meet your calcium needs.

Calcium Recommendations

Check to determine your individual needs.

<u>Age</u>	<u>Mg/Calcium</u>
1-3	500 mg
4-8	800 mg
9-18	1,300 mg
19-50	1,000 mg
50+	1,200 mg

Discuss

- Compare the calcium content of different foods.
- Work on a plan to reach your recommended calcium requirement.
- Plan at least three things you will do to boost your calcium intake.
- Getting enough calcium is not that difficult. Here are some easy ways to add more calcium to your diet:

Start the Day. Prepare your hot cereal or cocoa with milk, instead of water.

On the Go? Order a carton of milk or a frozen yogurt cone at the drive-thru.

Take a Break. Try an iced mocha or single-serve flavored milk.

Tempting Toppers. Top your salad or baked potato with shredded cheese.

As a Snack. Enjoy yogurt. Add fruits, nuts or granola.

Of course you cannot live on calcium alone. Your body needs more than 40 nutrients to function properly. No one food - or food group - supplies them all. That's why you need a variety of foods from the Five Food Groups every day.

