



CHILDREN IN BALANCE



The BONES Project Curriculum

What's this curriculum about?

Most children fail to consume the recommended amount of calcium and fail to engage in adequate physical activity – two factors that influence bone formation. **The BONES Project** aims to modify behaviors in young children so they develop habits that maximize the formation of strong, dense bones.

The BONES Project curriculum consists of lessons and activity modules that are taught 4 days a week, for 30-45 minutes. The lessons and modules are fun and easy to implement, and will continue through two consecutive school years.

Curriculum Components:

There are three components to **The BONES Project** curriculum:

- **LET'S PLAY:** physical activities and games
- **LET'S EXPLORE:** nutrition lessons and activities
- **LET'S EAT:** daily “BONE Smart” snacks that have calcium.

Children will alternate between *Let's Play* Physical Activity days and *Let's Explore* Nutrition and Bone Health Days.

All lessons and activities can be easily incorporated into the structure of after school programs. The curriculum is designed to take place 5 days per week for about 45 minutes each day. The physical activity games take place on 3 days per week, and nutrition lessons will be presented 2 days per week. A calcium rich snack will be served 5 days per week.

For more information:
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Children in Balance is an initiative of the Friedman School of Nutrition, aimed at curbing the childhood obesity crisis and improving the long-term health of future generations.