

# Bone Up On Calcium<sup>1</sup>

In this science experiment, you will see why calcium is important to keep your bones strong. To do a science experiment you need to have both a **control** (something you don't change) and a **variable** (something you do change). Then you compare the two. In this experiment, you will soak a chicken bone in vinegar, which is an acid that dissolves calcium. Older people who have not had enough calcium in the foods they eat develop weak bones that break easily.

## Supplies

- 2 quart jars
- 2 chicken leg bones
- white vinegar
- water
- liquid measuring cup



1. Place a chicken leg bone in each jar.
2. Add 2 cups of water to one jar and 2 cups of vinegar to the second jar.
3. Put the lid on each jar and leave for at least three days.
4. Remove the bones and rinse them with water.
5. Compare how flexible the bones are. Try to bend each one.
6. If you want to see more dramatic results, put the bones back in their jars and leave them for four more days.



Now that you have seen the importance of getting enough calcium list some foods that have calcium in them. (Go beyond the dairy products!) Check the labels of some of your favorite foods to see if they have calcium in them.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

<sup>1</sup> Six Easy Bites Foods Project Activity Guide A ©  
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