



STRONG ALL LIFE LONG KEEP YOUR SKELETON

# POWERFUL BONES

Grade 6 Nutrition Education Program

**Powerful Bones (Grade 6) helps students understand that bones are dynamic, living tissue.**

Students learn to assess their intake of bone-building foods, such as calcium-rich foods (using the Calcium Calculator), as well as activity patterns. Throughout the program, they learn how to create small, achievable goals to help them build strong bones for life.



The new food guide merges two of the previous food groups (Meat & Alternatives and Milk & Alternatives) into a protein foods category. Another change is the fact that the new guide does not outline the number of servings needed from each category. We suggest to continue with current recommendations until further guidance is released.

You to continue using Powerful Bones as part of your classroom nutrition education to help students move in the direction Health Canada recommends.

**Copies of the food guide snapshot may be downloaded or ordered from the Health Canada website.**

**Get your copy of Canada's new Food Guide today!**



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### Still have questions?

Contact the dietitians at [nuton@milk.mb.ca](mailto:nuton@milk.mb.ca). We are happy to help you adapt your teaching to the new food guide.

# GRADE 6