

# Understanding Our Bones

➤ ***Materials: Styrofoam, shredded wheat, or a sponge***

Use styrofoam, shredded wheat, or a sponge to assist the audience in understanding the structure of bones.

Explain to the audience that when osteoporosis occurs, bones become thinner and more perforated, and thus are more susceptible to fracture.

Shredded wheat can be used to illustrate how easily thin, porous bones can break. Styrofoam or a sponge can be used to illustrate the porosity of bone.