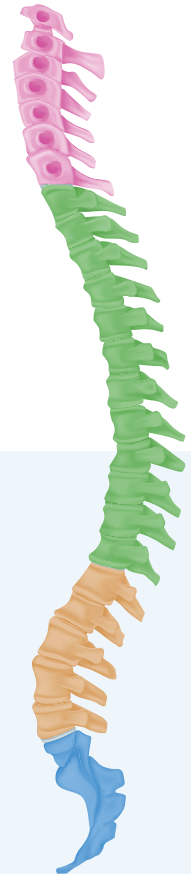




Activity at Home - Make Your Own Spine

Activity takes approximately 5 minutes.



Step 1: Gather your bacteria cookie items

You will need:

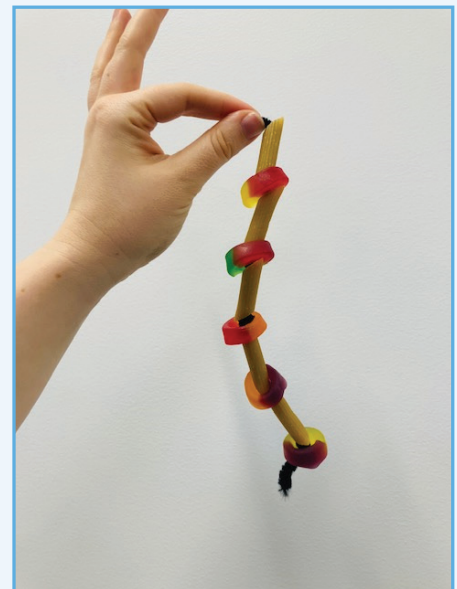
- Gummy Rings
- Rigatoni
- Pipe Cleaner or Ribbon

Method

1. Tie a knot in the end of the ribbon or pipe cleaner so that the gummy will not slide off the end.
2. Add a gummy ring.
3. Add a rigatoni.
4. Add a gummy ring.
5. Add a rigatoni.
6. Keep going until you have filled up your pipe cleaner or ribbon.
7. You now have a spine.

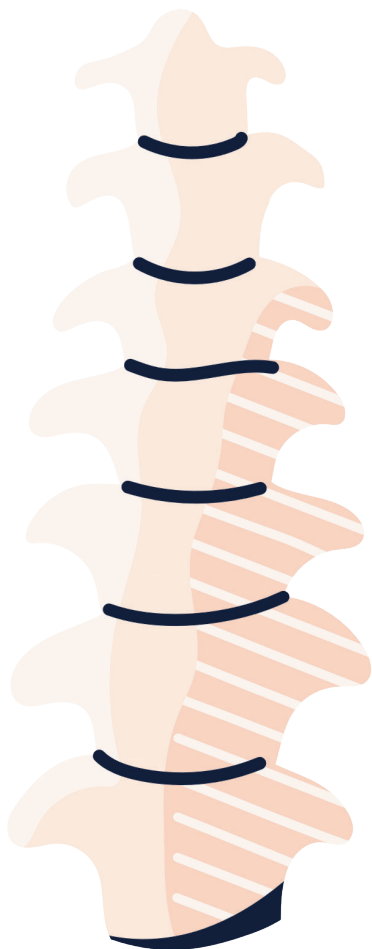
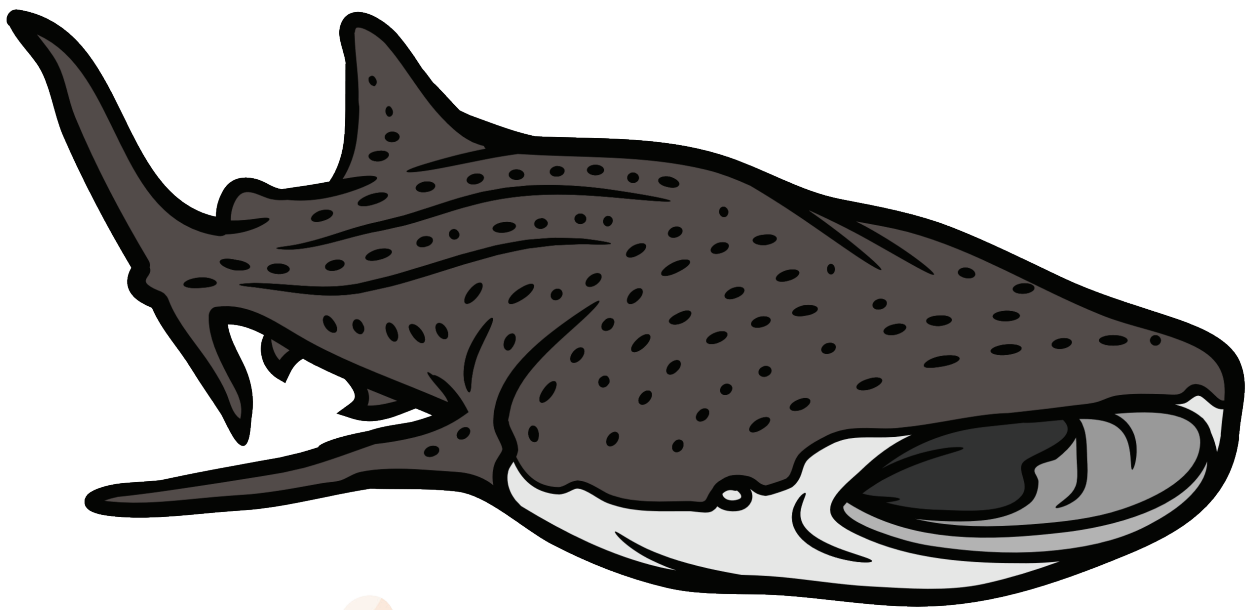
How it works

The rigatoni represents your vertebrae, and the gummy rings represent your cartilage between your vertebrae. What would happen if you had no cartilage between your vertebrae? Rub two rigatoni together and see what happens. Do they break? Are they brittle? Yes. If we had no cartilage our bones would rub against each other, and we would have wear and tear on our bones. The spine is a lot of independent bones working together so we can bend and twist. What would happen if our spine was just one long bone? You can try this by putting a rod like a stick or a pipe down your back and then trying to bend over.



Here at the telethon kids institute we know the importance of healthy bones for kids as they grow. Our amazing researchers are investigating Vitamin D and how that affects your bone health. Vitamin D can help your body absorb calcium which makes our bones strong.

DID YOU KNOW?



Whale sharks have a skeleton made of cartilage instead of bones.