



## Bones of Contention (2)

Demonstrating the Effect of Microgravity on Bones

Check it Out	What to Do	What to Ask
<p>In microgravity, <b>muscles</b> don't have to work as hard and we don't need all those heavy bones to support our bodies!</p> <p><b>When bones don't get exercise, they lose minerals and become weak.</b> To counteract this, astronauts exercise almost <b>two hours</b> each day and get a diet rich in calcium!</p>	<p>Stand each of the bones (cups) upright on a flat surface. Place your right hand, palm down, on top of the Earth bone and your left hand, palm down, on top of the space bone.</p> <p><b>Gently</b> press down with both hands and observe whether each bone (cup) is difficult or easy to crumple.</p>	<p>Which bone crumpled more easily?</p> <p>What do you think caused one bone to crumple more easily than the other?</p> <p>What do you think happens to bones on Earth that don't exercise enough or get enough calcium?</p> <p>What can you do to help prevent your bones from becoming like "space bones"?</p>



# Bones of Contention (1)

Demonstrating the Effect of Microgravity on Bones

Check it Out	What to Do	What to Ask
<p>Microgravity affects the bones of astronauts by making them weaker</p>	<p>Take two Styrofoam cups and a slightly sharpened pencil or pointy stick.</p> <p>Poke about 5 holes, scattered randomly, in one of the cups and label it "Bones on Earth". Poke about 25 holes in the other cup and label it "Bones in Space".</p>	<p>What is the difference between the bone on Earth and the bone in space?</p> <p>Why might bones in space become weaker than bones on Earth?</p>