Measure ¼ cup of flour in a plastic bag. Seal and place into a second bag. Label the bag with the following words:

**Newborn**
Average calcium in bones (by weight)

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Measure 3½ cups of flour in a plastic bag. Seal and place into a second bag. Label the bag with the following words:

**10-year-old**
Average calcium in bones (by weight)

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Measure 7 cups of flour in a plastic bag. Seal and place into a second bag. Label the bag with the following words:

**15-year-old**
Average calcium in bones (by weight)

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Measure 11 cups of flour in a plastic bag. Seal and place into a second bag. Label the bag with the following words:

**Adult**
Average calcium in bones (by weight)

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Measure 6½ cups of flour in a plastic bag. Seal and place into a second bag. Label the bag with the following words:

**Woman with Osteoporosis (30-40% bone loss)**
Average calcium in bones (by weight)