

# Macaroni Skeleton



**Professions:** All health professions

**Grade Level:** K-2

*All HOTT lesson plans are designed with the purpose of increasing students' awareness of the variety of health careers that are available to them. If possible, invite the corresponding health professional into your classroom to discuss his/her occupation. If this is not an option, use the attached sheet(s) to share this/these career(s) with your students.*

**Purpose:** To understand the human skeleton by creating their own skeleton from noodles and beans.

## **Materials needed:**

- Black construction paper (approximately 8.5" x 11")
- Glue that will dry clear
- Lima beans (head, thorax, hips)
- Short, small macaroni in a tube (spine)
- Thin twisted macaroni (arms, legs)
- Elbow noodles (ribs)
- Small shells (joints)
- Spaghetti (fingers, toes)
- Black permanent marker
- White crayon to write their name on the paper

**Duration:** 35 minutes

## **Instructions:**

- As preparation for the project, study the human skeleton.
- Talk about symmetry between the two sides of the body.
- How many ribs (24), fingers, and toes we have.
- The number of bones in the body (206).
- Bones in the arms and legs (30) for a total of 120.
- The two purposes of bones are structure and protection. Some, like your backbone, provide the structure which enables you to stand straight up instead of lying like a puddle on the floor. Other bones protect the delicate, and sometimes soft, insides of your body. Your skull, a series of fused bones, acts like a hard protective helmet for your brain.

### **Address the job of orthopedic surgeon**

- How long did you go to school?
- Where do you work?
- What kinds of things do you do at work?
- Who works with you?
- What kind of tools do you use?
- What do you like most about your job?
- Talk about casts: what colors, how long do you wear, why do you wear it so long.....
- Talk about x-rays: why you need them, how you take them, do they hurt?
- Talk about surgeries.....

### **Make a sample skeleton for the children to copy from.**

#### **Review the key features with them.**

- Where there head, arms, hands, toes, etc. are located on their body and on the skeleton.
- Let them build the skeleton.
- Start with the head, then the neck/trunk, working down, gluing the macaroni and beans to the paper.
- When they are done, they can draw a smile and eyes on the 'head'.
- The skeleton to the right was made by a second grader.



#### **References:**

<http://crafts.kaboose.com/macaroni-skeleton.html>

[www.kaboose.com](http://www.kaboose.com) © Kaboose inc.

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