

ACTIVITY 5C:

OS COSTS — PROCESSING OUT

You may discuss possible answers with your team of payers and/or use your OsCosts Game Log to respond to these questions.

1. Which color zone in the Os Costs Game offered the opportunity to gain the most points (“Osteo-Coins”)? Why do you think this was so?
2. Give at least 3 examples of “good” choices that you or the other players made in the game that earned bone mass points (“Osteo-Coins”).
3. Give an example of 3 “bad” choices you or the other players made in the game that lost bone mass points (“Osteo-Coins”).
4. In the Os Costs game, what do the “Osteo-Coins” represent?
5. Name three “fates” that you or the other players selected that had a positive impact on your bones.
6. Name three “fates” that you or the other players selected that had a negative impact on your bones.
7. Give some examples of choices that we can make that will affect the health of our bones.
8. Name 3 circumstances beyond our control that affect our bones.
9. What three things must a player know to determine if she/he falls above or below the “fracture threshold” on the Bone Density Across the Life Span Graph?