

# Bones

Bones are the framework of our bodies. Without them we would simply collapse on the ground in a heap!

We have 206 bones in our bodies. Bones, like the rest of our bodies, are living and growing parts. Our bones grow until we are about 20 years old. Our bones keep us upright and allow us to move with the help of our muscles, ligaments, and tendons.

Our bones have many different jobs to do. One of the most important bones in

our body is our skull. The skull protects our brains, but our skull also makes the framework of our face such as the jaw bone and the bone around our cheeks and eyes.

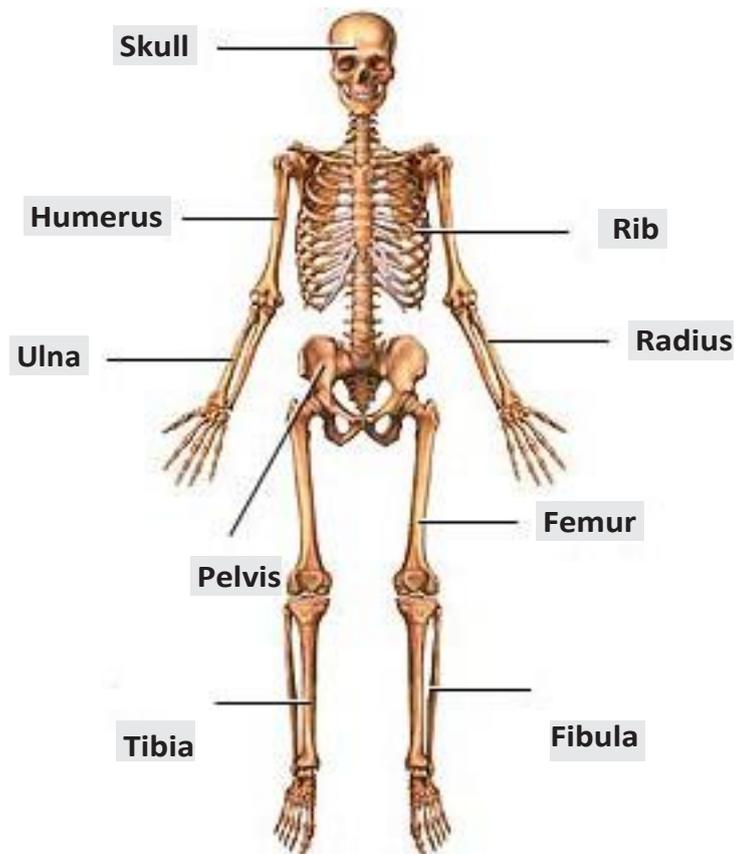
Our spines are made up of many bones, 26 in total. They are called vertebrae. Between each vertebrae is a cushion of cartilage. Cartilage is a softer material than bone which acts as a shock absorber and stops the bones rubbing together. The spinal cord runs through the middle of our vertebrae so the spine is protecting our spinal cord.

Our ribs make a protective cage around our heart, lungs and liver. We have 12 sets of ribs which are attached to our spine at the back. It is quite easy to feel your ribs if you try.

Our arms and legs are made up of long bones with joints between them to help us move, for example our elbow joint, knee joint and ankle joint.

As you can see bones are very important to us so we need to take care of them. When cycling or skateboarding we should always wear a helmet to protect our skull. You can protect your knees by wearing knee pads and protect your elbows by wearing elbow pads.

Eating foods with calcium will help your bones grow strong. Milk has a lot of calcium and is good for the bones. Exercise is also good for the bones as it strengthens them. If you look after your bones they will look after you!





Read the information sheet about bones on the previous page and then answer the questions.

1. How many bones do we have in our body? \_\_\_\_\_
2. Our spines are made up of 24 bones. Is this **true** or **false**? \_\_\_\_\_
3. Which part of our body does the skull protect? \_\_\_\_\_
4. Choose the correct answer. The bones in our spine are called:
 

<p><b>a</b> vertebrae</p> <p><b>c</b> ribs</p>	<p><b>b</b> ligaments</p> <p><b>d</b> cartilage</p>
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5. If 1 person has 12 sets of ribs, how many sets of ribs would 6 people have in total?  
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6. ) Name three parts of the body that the ribs protect.  
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7. Label the diagram below.

