

## SCIENCE WORKSHEET

NAME: \_\_\_\_\_

### 1.- WRITE THE BONES IN THE CORRECT TYPE

STERNUM, VERTEBRAE, CARPALS, PATELLA, RIB, FEMUR, HUMERUS, FIBULA, SCAPULA, CRANIAL BONES

|           |       |
|-----------|-------|
| LONG      | _____ |
| SHORT     | _____ |
| FLAT      | _____ |
| IRREGULAR | _____ |
| SESAMOID  | _____ |

### 2.- MARK WITH AN X THE CORRECT OPTION

A. Most of the bones of the arms and hands are long bones; however, the bones in the wrist are categorized as \_\_\_\_\_.

- a. flat bones
- b. short bones
- c. sesamoid bones
- d. irregular bones

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B. Sesamoid bones are found embedded in \_\_\_\_\_.

- a. joints
- b. muscles
- c. ligaments
- d. tendons

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C. Bones that surround the spinal cord are classified as \_\_\_\_\_ bones.

- a. irregular
- b. sesamoid
- c. flat
- d. short

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- D. Which category of bone is among the most numerous in the skeleton?
- a. long bone
  - b. sesamoid bone
  - c. short bone
  - d. flat bone



- E. Long bones enable body movement by acting as a \_\_\_\_\_.
- a. counterweight
  - b. resistive force
  - c. lever
  - d. fulcrum



### 3.- WRITE THE TYPE OF BONE IN THE CORRECT DEFINITION

**LONG – SESAMOID – IRREGULAR – FLAT – SHORT**

| DEFINITION   | TYPES OF BONES |
|--|----------------|
| thin and curved bone   |                |
| bone of complex shape  |                |
| cylinder-shaped bone that is longer than it is wide                          |                |
| small, round bone embedded in a tendon                                       |                |
| cube-shaped bone that is approximately equal in length, width, and thickness |                |