Health Science Worksheet #01

Choose the correct answer for the following questions

1. Our skeleton has _____ bones

a. 108
b. 206
c. 306
d. 110

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2. There are _____ pairs of ribs which protect the certain organs of the body.

a. 16
b. 10
c. 12
d. 22

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3. The skeleton acts as a reserve or reservoir for calcium, phosphorous and _____

a. magnesium
b. Vitamin C
c. B complex vitamins
d. Iron

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4. The skull is also called the _____ .

a. femur
b. mandible
c. cranium
d. vertebrae



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5. The skull protects this vital organ

a. larynx
b. tongue
c. brain
d. Kidneys

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6. Which of the following is a movable part of the skull

a. Lower jaw
b. Upper jaw
c. plates of the skull
d. Mouth

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7. The human vertebral column contains _____ separate bones.
a. 55
b. 33
c. 206
d. 208

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8. Bones are separated from each other by
a. Ligaments
b. Muscle
c. pads of cartilage
d. Tendons

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9. This chain of bones allows us to walk upright or defy gravity.
a. Pelvis
b. Cranium
c. vertebrae
d. Legs

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10. White and red blood cells are manufactured in the
a. Outer hard part of the bone
b. Inner spongy marrow of the bone
c. ends of the bone covered with cartilage.
d. Part of the bone attached to muscle

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