



The skeletal system

Bones

Our skeleton may look creepy, but without it, we would be like a soft, squishy blob of jelly. Calcium is vital to keep bones strong and healthy. If



your body does not have enough calcium, it will take it from your bones. The lack of calcium weakens the bones. Eating healthy foods like yogurt, milk, cheese, and broccoli are rich in calcium. So, eat up!

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What keeps bones strong _____?

What types of foods are rich in calcium _____, _____,

And _____.

The Skeleton

All the bones in your body make up the skeletal system. When we are born, we have 300 bones. As we grow, some of our bones grow together. Then we have only 206 bones. The skeleton helps our bodies in many ways. It makes blood cells, gives our body shape, helps our body move, and protects our organs.



You can keep your bones strong by running, jumping, dancing, and playing sports.

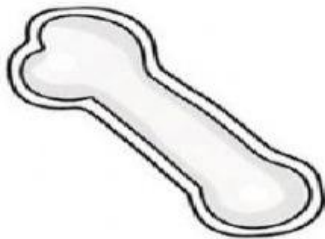
How many bones do you have when you are first born _____?

How many bones do you have when you grow and your bones grow together _____?

How does the skeletal system help you _____?

Bone Marrow

Bones contain bone marrow. It makes two million blood cells every second. There are two kinds of bone marrow. Red bone marrow makes blood cells. Yellow bone marrow is mostly fat cells. Bones are always creating new bone cells. Every seven years, we have new bones. You need calcium to keep bones strong and healthy.



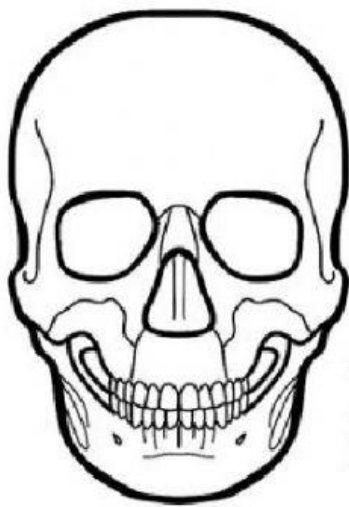
Bone marrow is like a thick jelly.

Bones contain marrow, what does bone marrow do it makes _____ red blood cells every second.

How many years does it take for our body to create new bones _____?

The Skull

The skull is made up of 22 bones. The cranium is made of eight bones that surround and protect your brain. The 14 facial bones give your face its shape. The cheekbones and jaw are facial bones. The jawbone is the only bone in your skull that can move.



The smallest bone in your whole body is in your ear.

The skull is made up of _____ bones. The cranium is made of _____ bones. The _____ facial bones give our face its shape. The Cheek bones and jaw are facial bones. What is the only bone that can move in our skull _____?

The Spine



The spine lets you twist and turn. It protects the spinal cord. The spinal cord is a large bundle of nerves. It sends messages from the brain to other parts of your body. The spine is made of 33 bones. These bones are called vertebrae. Vertebrae support your head and neck, holds your ribs in place, supports your weight, and keeps you balanced.

Your spine feels like bumps under your fingertips.

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The spine let you _____ and _____. It protect the _____. How many bones is the spine made of _____? What are these bones called _____? The vertebrae supports your _____ and _____ holds your _____ and supports your _____ and Keeps you _____.