

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

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

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

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

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

4. The skull is also called the _____.

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



5. The skull protects this vital organ

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

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

7. The human vertebral column contains _____ separate bones.

- a. 55
- b. 33
- c. 206
- d. 208

8. Bones are separated from each other by

- a. Ligaments
- b. Muscle
- c. pads of cartilage
- d. Tendons

9. This chain of bones allows us to walk upright or defy gravity.

- a. Pelvis
- b. Cranium
- c. vertebrae
- d. Legs

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