

Lesson 4 The Human Body

A Find and circle.

bone
muscle
ligament
tendon
support
protect



B Read and write.

The Bones of Your Hands and Feet

Your hands and feet can do amazing things, and you can thank your bones for that. Each of your hands has twenty-seven bones, and each of your feet has twenty-six bones! Muscles, ligaments, and tendons work together with those bones to help you work and play.

Your hand bones help you play the piano and shake hands with a friend. Because of your hand bones, you can hold a pencil, use chopsticks, and make a model.

Skills Tip

Looking up a word in a dictionary helps you to remember it better.

Your foot bones help you stand, walk, run, and kick. Because of your foot bones, you can play soccer and many other sports.



Our hand and foot bones are strong, but we still need to protect them. Wear sports shoes and gloves when you play some sports.



1. What comes first in the dictionary, the word *muscle* or the word *ligament*?
2. Will you find the word *bone* near the front or the back of the dictionary?
3. Is the word *tendon* before or after the word *tennis* in the dictionary?

C Write.

1. Which has more bones, your hand or your foot?
2. What should you wear to protect your hands and feet?
3. How many bones do two hands and two feet have?

D Fill in the chart. Then write.

play the piano hold a pencil run
use chopsticks stand kick

Sports and activities you can do because of your ...			
Hand bones	play the piano	_____	_____
Foot bones	_____	_____	_____

1. What sports and activities can you do because of the bones in your hands?

I can _____

2. What sports and activities can you do because of the bones in your feet?

E Think and write.

Four fingers on your hand have three bones, but your thumb has two bones. Four toes on your foot have three bones, but your fifth toe has two bones. Which toe do you think has two bones, your big toe or your little toe? Why?