YOUR BODY: BONES

Bones are one of the most important parts of your body. Without bones, you'd be like an octopus or a slug!

Bones are living parts of our bodies that make up a framework that holds us together, called the **skeleton.** They are constantly growing and changing and come in many different forms. For example, when you were a baby, your body was made up of more than **300 parts** and some of those baby bones were made up of **cartilage**. As you grew up, the cartilage was replaced by bone. Some of those bones fuse together to make one bigger bone, such as your **skull.**

Your bones come in a variety of parts, and each part keeps the bone healthy and alive. The very inside of many bones has a soft, jelly-like core called **marrow.** The leg, for example contains **yellow marrow** that makes new **blood cells** for the body. **Blood vessels** flow in and out of the bone, gathering new cells to travel across your body. **Spongy bone** creates more yellow marrow, and the **compact bone** protects your marrow from getting hurt.

Bones are joined together with a special kind of bone called a **joint**. Joints are connected to the bone with **cartilage**, which acts a little like gum or glue, keeping your bones connected. Some joints can move a little, such as the joints in your back. Other joints move a lot, such as your legs and arms.

Bones give you shape and posture, and they also protect the softer parts of your body like the brain, the lungs, and the spine. There's even a special set of bones in your ears that allow you to hear the world around you. These special bones are called **ossicles**. When noise enters your ear, they shake and vibrate, sending messages for your brain to translate and understand.

Remember to keep your bones healthy by eating nutritious food, especially meals that have dairy. **Calcium** happens to be your skeleton's best friend! Exercise plenty, and protect your bones with safety gear if you play sports. Don't forget that you only have one set of bones, and those bones can't be replaced.

Read these sentences and decide if they are TRUE or FALSE.
Remember to base your decision on the text above.

1. The framework made up by all the bones prevent us from falling apart.
2. Some of the bones that a baby has got are made up by marrow.
3. Adults's bones are less than babies's bones, because they fuse together.
4. Bones only give us shape and posture.
5. The softer organs of our body are protected by the skeleton.

LIVEWORKSHEETS

For each question, mark the correct option as an answer.
Remember to base your decision on the text above.

1. What is the name of the soft, jelly-like part located on the inside of the bones?

   A. Blood vessels
   B. Spongy bone
   C. Marrow
   D. Compact bone

2. Where are new blood cells created?

   A. In the blood vessels.
   B. In the spongy bone.
   C. In the marrow.
   D. In the compact bone.

3. What does spongy bone make?

   A. Gives you shape and posture.
   B. Protects your marrow from getting hurt.
   C. Creates more yellow marrow.
   D. Replaces the cartilage by bones when you grow up.

4. What does compact bone make?

   A. Gives you shape and posture.
   B. Protects your marrow from getting hurt.
   C. Creates more yellow marrow.
   D. Replaces the cartilage by bones when you grow up.

5. What is the name of the special set of bones inside your ears?

   A. Skull
   B. Cartilage
   C. Joints
   D. Ossicles

6. What do the special set of bones inside your ear do to help you hear sounds?

   A. They allow you to hear the world around you.
   B. The noise enters your ears.
   C. They vibrate in order to send messages to your brain to translate.
   D. The stay healthy by eating nutritious food.

LIVEWORKSHEETS

Complete with the words below.

Our Amazing Bones

There are _____ bones in a grown up skeleton. The largest bone in our skeleton is called the _____ and it is located on the upper part of our _____. Our _____ and _____ have almost half of all of the bones in our body. _____are where the bones meet, our_____ allow us to move and bend. We have _____ inside of our bones. The _____ is what makes our blood. Our bones keep growing until we are about _____years old. Our rib bones are important, they form a _____and it protects our _____, our _____and our _____. Some people think we have a funny _____, we don't really have a funny bone. When people knock their elbow and say they've hit their funny bone, they have really hit a nerve that runs along the _____bone. Our _____ is a very important bone because it protects our _____. We should take very good care of our bones by _____ and by making sure we drink lots of _____and eat _____ products.

humerus	brain	hands	bone
skull	206	ribcage	liver
dairy	femur	bone marrow (2)	heart
milk	feet	joints (2)	lungs
exercising	legs	25	

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