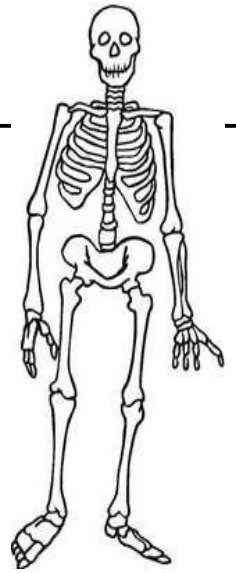


Name: _____

Your Bones

by Cynthia Sherwood



Without your bones, you would be as floppy as a jellyfish. Our bones allow us to stand up straight. They support us and help us move, but they also protect our body organs.

Our skeleton is made up of all of our bones working together. If you have ever seen a real skeleton in a science class or museum, you might think that bones are dry and dead feeling. But that is not the case. Bones are made of living, growing cells. Inside most bones is soft marrow, which is where many of our blood cells are made. As a baby, you were

born with ne
smaller ones



~ PREVIEW ~

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Certain b
for your soft,

ad. Your spine, or backbone, lets you stand up tall. Your spine also protects the spinal column with all of its nerves inside. Your ribs make a cage to protect your vital organs like the heart, lungs, and liver.

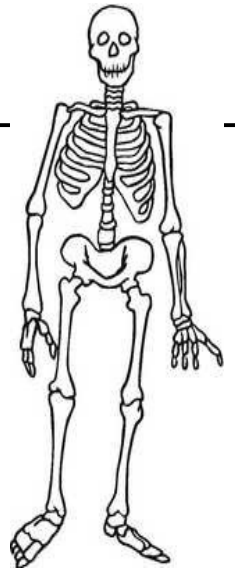
Even though bones are very light, they are also very strong. That is why it usually takes a very bad fall or other serious accident to break a bone. If that does happen, you might wear a cast until new bone cells heal the break in a month or two.

To protect your bones, wear a helmet whenever you ride your bike or skateboard. Knee pads, wrist guards, and other safety gear for sports are a good idea too. Strong bones need the mineral calcium, so drink lots of milk and eat dairy products. Bones also need active exercise, so go out and run, jump, and dance for healthy, strong bones.

Name: _____

Your Bones

by Cynthia Sherwood



1. Tell whether each statement is true or false.

- a. _____ Your bones are hollow.
- b. _____ Blood cells are made inside your bones.
- c. _____ Adults have more bones than babies do.

2. Why are dairy products good for your bones?

3. Complete



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Bone	Function
ribs	
	helps you to stand up tall and protects the nerves in your spinal column
skull	

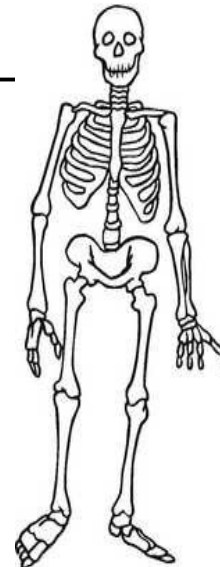
4. How many more bones do babies have than adults?

Use your math skills. Show your work.

ANSWER KEY

Your Bones

by Cynthia Sherwood



1. Tell whether each statement is true or false.
 - a. **false** Your bones are hollow.
 - b. **true** Blood cells are made inside your bones.
 - c. **false** Adults have more bones than babies do.

2. Why are dairy products good for your bones?

Dairy products have the mineral calcium, which is good for bones.

3. Complete



~ PREVIEW ~

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Boi	
ribs	<u>make a cage that protects your vital organs, like your heart, lungs, and liver.</u>
<u>spinal column (or backbone)</u>	helps you to stand up tall and protects the nerves in your spinal column
skull	acts like a helmet that protects your soft brain

4. How many more bones do babies have than adults?
Use your math skills. Show your work.

300-206 = 94 more bones