

SKELETAL SYSTEM

The skeletal system is composed of **bones** and **joints**.

2. Our longest and strongest bone is **femur (the thigh bone)**.

3. Our smallest bone **stapes** and it is located **in our ear**.

1. How many bones does a human baby born with?

300

2. How many bones does an adult have?

206

What are the functions of the skeletal system?

1. **It gives our body its general shape.**

2. **It makes us move.**

3. **It provides support to our body and allows our body to stand upright.**

4. **It protects our internal organs.**

Give 2 examples of

A) **Long bones**

arm bones and leg bones

B) **Short bones**

ankle bones, spine bones, wrist bones

C) **Flat bones**

skull bones, rib cage bones

Define

A) **Joint** : **The structures that connect the bones to each other**

B) **Marrow** : **The tissue that fills the inner cavities of bones**

C) **Rib Cage** : **The ribs and sternum (the breastbone) make up the rib cage**

1. What should we eat to protect and strengthen our bones?

We should eat foods which contain calcium and phosphorus.

2. What should we avoid in order not to harm our bones?

We should not make wrong moves while walking and running. We shouldn't bend our backs.

