

Name _____

Date _____

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**.

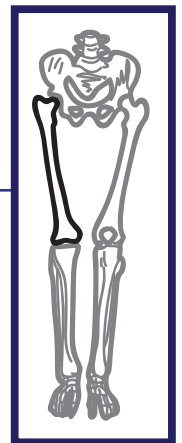
Your bones come in a variety of parts, and each part keeps the bone healthy and alive. The very inside of many bones has a soft, jelly-like core called **marrow**. The leg, for example contains **yellow marrow** that makes new **blood cells** for the body. **Blood vessels** flow in and out of the bone, 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.



Unscramble the labels. The reading above contains the key words for the diagram below.

