



Name \_\_\_\_\_

## 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

Name\_\_\_\_\_

## Our Amazing Bones—Answer Sheet

There are 206 bones in a grown up skeleton. The largest bone in our skeleton is called the femur and it is located on the upper part of our leg. Our feet and hands have almost half of all of the bones in our body. Joints are where the bones meet, our joints allow us to move and bend. We have bone marrow inside of our bones. The bone marrow is what makes our blood. Our bones keep growing until we are about 25 years old. Our rib bones are important, they form a ribcage and it protects our heart, our liver and our lungs. Some people think we have a funny bone, 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 humerus bone. Our skull is a very important bone because it protects our brain. We should take very good care of our bones by exercising and by making sure we drink lots of milk and eat dairy products.