

Jobs of the Human Skeleton

By Jennifer Kenny



- 1 An adult's skeletal system is made of 206 bones. This bony framework weighs about 20 pounds.
- 2 Do you remember drawing stick people in your pictures when you were younger? Looking back, it may seem silly, but actually you were a little ahead of yourself if you think of your skeletal system. A stick figure shows our skeletal structure. The center is the skull and spine. Then two main girdles are attached to this axial skeleton. The arms are attached to the shoulder girdle. The legs are attached to the pelvic girdle. Of course, each bone is connected to another bone.
- 3 Your skeletal system has two main jobs ? to support and to protect. It also has another function, which is not so obvious. That job is to act as a storehouse for calcium and phosphorus.
- 4 Your skeleton supports your body. It gives the body shape. It also allows the body to move.
- 5 Your skeleton protects your delicate internal organs. The skull protects the brain, which is, of course, the control center for the body. The backbone protects the spinal cord that delivers messages between the body and brain. The rib cage protects the heart and lungs. The bones, too, protect their vital inside, which contain the bone marrow where blood cells are produced.
- 6 Your skeleton stores calcium and phosphorus. Ninety-nine percent of all the body's calcium is stored in your bones. Why is that important? The nerves that stimulate muscle contractions need calcium. It is also needed for clotting blood. Phosphorus is a part of the RNA and DNA, which determine how we are formed.
- 7 If we were to lose too much calcium in our bones, they would become soft. Then our long bones would become out of shape. Therefore, it is important to drink a lot of milk, eat cheese, and eat other foods that are rich in calcium. Calcium is so important that if a woman is pregnant and is not eating enough foods with calcium, her body will automatically take calcium out of her own bones to give to the growing baby.
- 8 Eat healthy! Keep your bones strong!

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Name _____



Date _____

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<p>1. An adult's bony framework weighs about _____ pounds.</p> <p><input type="radio"/> A 40</p> <p><input type="radio"/> B 30</p> <p><input type="radio"/> C 10</p> <p><input type="radio"/> D 20</p>	<p>2. Your legs are attached to the _____ girdle.</p> <p><input type="radio"/> A Axial</p> <p><input type="radio"/> B Shoulder</p> <p><input type="radio"/> C Pelvic</p> <p><input type="radio"/> D Wrist</p>
<p>3. Which is not a job of your skeletal system?</p> <p><input type="radio"/> A To store calcium</p> <p><input type="radio"/> B To protect</p> <p><input type="radio"/> C To store glucose</p> <p><input type="radio"/> D To support</p>	<p>4. What percent of calcium in your body is stored in your bones?</p> <p><input type="radio"/> A 50</p> <p><input type="radio"/> B 99</p> <p><input type="radio"/> C 1</p> <p><input type="radio"/> D 75</p>
<p>5. Blood cells are produced in your bone marrow.</p> <p><input type="radio"/> A False</p> <p><input type="radio"/> B True</p>	<p>6. The _____ protects the brain.</p> <p><input type="radio"/> A Skull</p> <p><input type="radio"/> B Bone marrow</p> <p><input type="radio"/> C Backbone</p> <p><input type="radio"/> D Rib cage</p>
<p>7. A pregnant woman does not need any calcium in her diet.</p> <p><input type="radio"/> A False</p> <p><input type="radio"/> B True</p>	