

Bones!

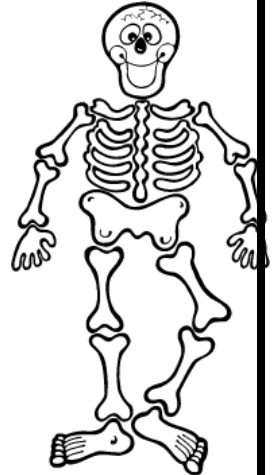
DIRECTIONS: Write a one sentence summary of each paragraph on the lines below.

A human skeleton is made up of many bones—206, to be exact! Bones give your body structure, let you move in different ways, and protect your internal organs. Bones grow and change during your lifetime just like the other parts of your body. When you are a baby some of your bones are made of a flexible material called cartilage. But as you grow and eat foods containing calcium like milk and cheese, the cartilage grows too and is eventually replaced by bone. It takes 25 years for your bones to get as big as they are going to be.

The bones in your back are called your spine. Your spine holds your body upright, and lets you twist and bend. It also protects the bundle of nerves running from your brain down to all the rest of your body called the spinal cord. There are 26 bones, called vertebrae, in your spine. Attached to the back of your spine are your ribs. Most people have twelve sets of ribs, twelve bones on the right side of the body and twelve on the left. Your ribs protect your heart, lungs, and liver.

Where two bones meet is called a joint. Joints can be fixed or moveable. Your skull has fixed joints, except for your jaw, which is a moveable hinge joint. Other examples of hinge joints are in your elbows and your knees. Where there are hinge joints, your body can only move back and forth in one direction. The other kind of moveable joint is called a ball-and-socket joint. These kinds of joints are in your shoulders and your hips. A ball-and-socket joint allows movement in every direction. Test it out by swinging your arms all over the place!

You probably think of your head, hand and feet as being single things, but each of these things is made up of many, many bones. Your skull is a set of twenty-two bones that protect your brain and makes up the structure of your face. Your hands contain fifty-four bones. There are five separate bones in the center part of your hand, and each finger on your hand has three bones (except for your thumb, which has two). Because of these bones and the joints where they meet, you can do amazing things like pick up a glass, type on a computer, or throw a ball for a dog. Each of your feet has twenty-six bones and thirty-three joints.



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2. _____

3. _____

4. _____