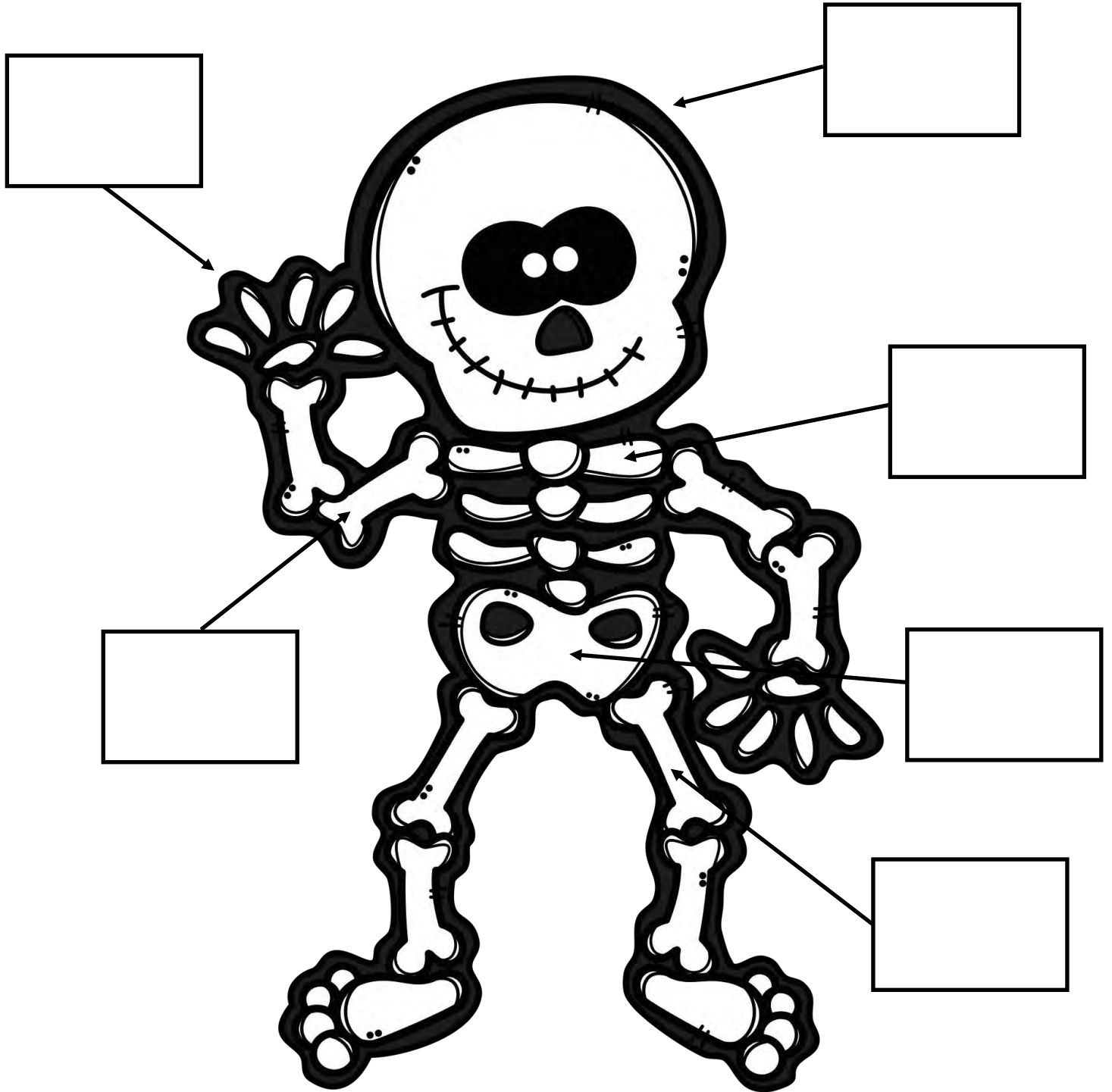


Name: _____

Label a Skeleton



Cut and Glue

cranium

hip

phalanges

humerus

femur

ribs

Name: _____

The Skeletal System

The human skeletal system is what provides the form and shape for our bodies, allows us to move and protects our internal organs. Can you name the six different parts that make up the human skeletal system?

The six different parts of the human skeletal system are the bones in our body, connective tissues, cartilage, joints, tendons and ligaments. All these different parts of the skeletal system allow us to do activities such as walk, run or even hold a pencil.

Take a moment to think about what our bodies may look like if we didn't have bones. Do you think we would be able to function? Draw a picture below showing what we may look like if we didn't have a skeletal system.

Name: _____

The Skeletal System

When a baby is born, their body contains around 300 bones but by the time they reach adulthood many of these bones have fused together. The adult skeleton contains 206 bones. Can you name some of the bones in your body?

Three of the major bones in our body are our ribs, spine and the bones in our head. Bones protect our internal organs from damage. Do you know what organs our ribs protect?

That's right! Our ribs protect our heart and lungs!

Did you know that if our bones break, that our body will repair them! You may have broken a bone or seen a friend who had a cast. The doctor places a cast or splint on our broken bones to help them repair straight.

Can you name a mineral that is important for our bone health?

Name: _____

The Skeletal System

Calcium is an important mineral for our bones. It helps to keep them healthy and strong. Many babies and children get plenty of calcium by drinking milk. There are many other ways to receive the calcium that our bones need. You can eat other forms of dairy such as cheese or yogurt, salmon, many different kinds of green vegetables and even orange juice is a great source of calcium.

Be sure to consume plenty of calcium and vitamin d in your diet and exercise and play regularly to keep your bones strong and healthy from childhood to adulthood.

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