

The Amazing Human Skeleton

Our bodies are incredible machines, and one of the most important parts that make up our body is the skeletal system. The human skeletal system is like the frame of a house, and it plays a big role in keeping us upright and helping us move.

Bones in the Body

Our bodies are made up of 206 bones! These bones come in all shapes and sizes. Some are long and slender, like the ones in our arms and legs. Others are flat, like the ones in our chest, and some are small, like the bones in our fingers and toes.

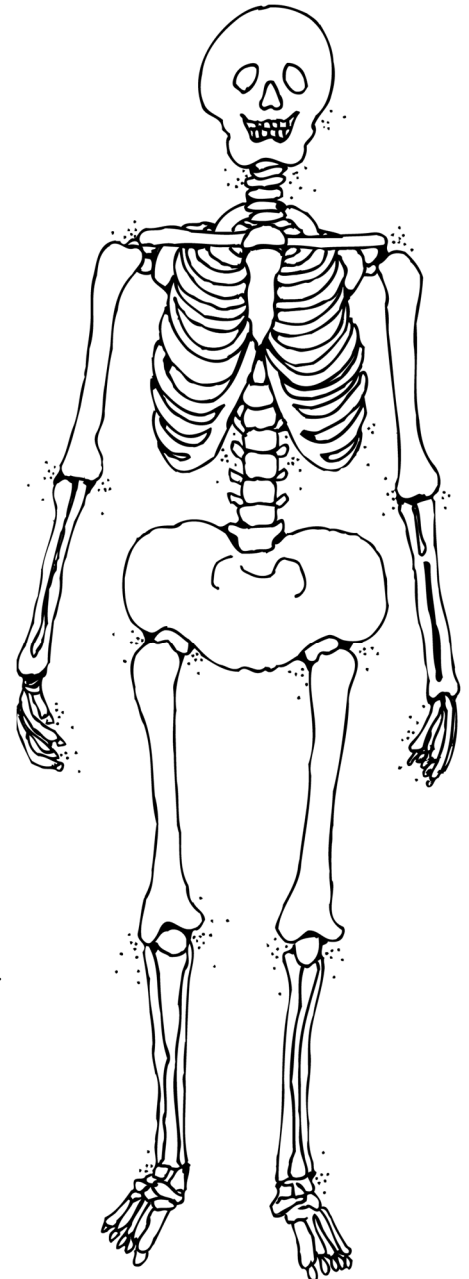
Functions of the Skeleton:

Support: The skeleton gives our body structure and keeps it upright. Without our bones, we would be like a floppy jellyfish!

Protection: The skeleton acts like armor, protecting our delicate organs. The skull, for example, keeps our brain safe, and the rib-cage shields our heart and lungs.

Movement: Bones work together with muscles to help us move. When muscles pull on the bones, we can walk, run, jump, and dance.

Blood Cell Production: Inside some of our bones, like the ones in our arms and legs, our body makes blood cells. These cells carry oxygen to all parts of our body.



Types of Joints

Bones in our body are connected at places called joints. Joints come in different types, which allow our bones to move in different ways.

Hinge Joints: These joints work like a door hinge, allowing movement in one direction. Our elbows and knees are hinge joints.

Ball-and-Socket Joints: These joints let bones move in many directions. The hip and shoulder joints are ball-and-socket joints.

Pivot Joints: These joints let bones twist around each other. Our neck has pivot joints that let us turn our head.

Taking Care of Your Skeleton

To keep our skeletal system healthy, we need to eat foods rich in calcium, like dairy products and leafy green vegetables. Calcium helps keep our bones strong. We also need to exercise regularly to keep our muscles and bones in good shape.

Name _____

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1. What is the text structure of this passage?

description

cause and effect

compare and contrast

problem and solution

sequence

2. How many bones make up the human body? (highlight text evidence) _____

3. How does our skeleton protect our organs? (highlight text evidence) _____

4. What are joints? (highlight text evidence) _____

5. Which types of joints let bones move in many directions? (highlight text evidence)

6. Name two ways you can keep your skeletal system healthy? _____
