

The Human Skeleton

- Answer the questions immediately after reading each paragraph.

Your skeleton is the framework of your body. It is made up of 206 bones that are all interconnected. To protect your heart, your lungs and other important organs, you have a thoracic cage made up of 12 pairs of ribs. Your sternum is a flat bone located in the middle of your thorax. It articulates with the first seven pairs of ribs.

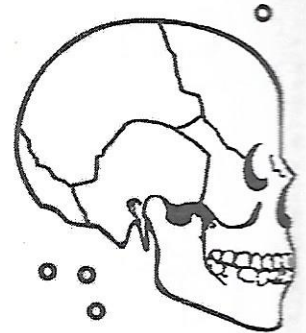


- ① What am I? I ensure the protection of your heart and lungs.

• I am a thoracic cage.

- ② How many bones do you have all together? We have 206 bones.

Your spinal cord is an important part of your skeleton. It is made up of 33 little bones called vertebrae. Between the vertebrae there are discs that enable you to move in different ways. They also absorb shocks. You also have a cranium that protects your brain. The bones that enable you to open your mouth are called the maxillary bones.



- ③ Make a true sentence with the following words:

is - cranium. - My - in - brain - located - my - precious

My precious brain is located in my cranium.

- ④ What do we call that part of your skeleton that is made up of the vertebrae and the discs?

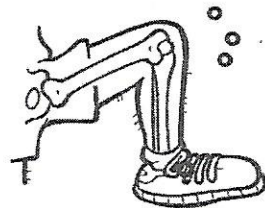
It is called a spinal cord.





The Human Skeleton (Continued)

Your arm has three long bones. Between the shoulder and the elbow is the humerus. Between the elbow and the wrist are the radius and the cubitus. The three longest bones in your legs are the femur, which is in your thigh, then the tibia and the fibula, which are between your knee and your ankle. The triangular bone in your knee is the patella, and the one in your shoulder, the clavicle.



- 5 Place these bones in the correct box:
cubitus, clavicle, femur, radius, patella, tibia, humerus, fibula.

leg	knee	arm	shoulder
femur tibia fibula	patella	humerus radius cubitus	clavicle

- 6 With the help of your dictionary, find the meaning of the word "triangular".

A triangle is a three sided ^{object} where the sum of the three angles is equal to 180° .

Your skeleton holds you up. Thanks to its articulations and muscles, it enables you to move. When you exercise, you help make it stronger. For your bones to develop normally, they need minerals like calcium and magnesium, as well as vitamins. You can get large amounts in milk, cheese and fish.

- 7 Name two things you can do to keep your bones healthy.

You can exercise and eat foods with minerals like calcium and magnesium.

- 8 Is your skeleton an important part of your body? Explain.

Yes it is; it holds you up and it enables you to move.

