

Paragraph 1

Your skeleton provides the framework of your body, like the beams of a building. It is made up of more than 200 bones. Your muscles are attached to bones. They work together to help you move. Without them you could not walk, run or swim. In a museum you may see dry and white bones. Bones inside people, however, are mostly brownish or pinkish. The hard, outer part of a bone is compact bone. It is heavy and strong. The inner part is spongy bone. Like a sponge, it has lots of spaces, which make bones fairly lightweight. Take your weight and divide by 5. That's about how much your skeleton weighs.

Questions:

1. How many bones are in your body?
2. What color are the bones inside your body?
3. What are the 2 parts of of bone called?

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Paragraph 2

Ligaments attach one bone to another. Bones connect at joints. This allows them to move. Hinge and ball-and-socket joints are major types of joints in your body. Hinge joints are like doors. They allow bones to swing back and forth, but in one direction only. Your knees elbows, and fingers have hinge joints. Hips and shoulders have ball-and-socket joints. The top end of the upper leg bone is rounded, like a ball. It fits into a cup-shaped socket in your hip. This allows your leg to have a wider range of movement, so you can run, swim, or even do a roundhouse kick.

Questions:

1. How are bones attached to each other?
2. Where do bones connect?
3. Name the 2 types of joints discussed in the paragraph.

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Paragraph 3

The skull protects your brain. It's made up of 28 bones. Eight bones cover the brain, making the cranium. Skulls look like they are missing their noses. That is because your nose is made of cartilage, not bone. Cartilage is tissue that is softer and more flexible than bone. It also decomposes faster. So skulls that you see usually have a hole where the cartilage was.

Questions:

1. How many bones make up your skull?
2. What is the cranium?
3. Why does a skull look like it is missing its nose?

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Paragraph 4

Below the skull is the spine, or backbone. It supports your body. It is made up of small bones called vertebrae. Vertebrae are strung on your spinal cord-a ropelike bundle of nerves- like beads on a necklace. In between vertebrae are cushions of cartilage called discs. Your skeleton has 33 vertebrae. The lower ones form the sacrum and the tailbone. There is a bowl-shaped collection of bones, between your hips, called the bony pelvis. It protects the organs in your lower abdomen and pelvis.

Questions:

1. What is the name for the group of bones found below the skull.
2. What are the small bones that make up the spine called?
3. What are the vertebrae strung on?
4. How many vertebrae do you have?

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Paragraph 5

Your heart and lungs are protected by your rib cage. The rib cage is made of 12 pairs of ribs. Ribs are narrow bones that curve from your spine to the front of your chest. Most ribs are attached to the breastbone with cartilage. This allows them to move as you breathe. If you raise your arms you are using your scapulas, or shoulder blades. Your scapula connects with your upper arm bone called the humerus.

Questions:

1. What does the rib cage protect?
2. How many ribs do you have?
3. What bone do most of the ribs attach to?
4. How are the ribs attached to the breastbone?

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