|  |  |
| --- | --- |
| **How many bones are in the adult human body?** | **206** |
|  |  |
| **What is the mineral needed to build strong bones?** | **calcium** |
|  |  |
| **What foods are high in calcium?** | **milk, cheese, yogurt, green leafy vegetables, salmon** |
|  |  |
| **What are three ways to take care of your bones?** | **1. Exercise 60 minutes a**  **day.**  **2. Consume calcium.**  **3. Wear protective**  **equipment.** |
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| **The name of the condition for a curvature in the spine from side to side that the school nurse would look for.** | **Scoliosis** |

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| **Name the soft bone that can be found in your nose, ears, in babies, and between bones.** | **cartilage** |
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| **What holds bones to other bones?** | **ligaments** |
|  |  |
| **Another name for a break in a bone.** | **fracture** |
|  |  |
| **The “picture” of the bone that is taken to see if a bone is broken.** | **x-ray** |
|  |  |
| **What is sometimes put over a fracture to hold a bone in place so that it can heal properly?** | **cast/splint** |

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| **Name the five functions (jobs) of the bones.** | **` 1. Shape**  **2. Support**  **3. Protect**  **4. Move**  **5. Makes blood cells** |
|  |  |
| **Where does growth take place in the bone?** | **The growth plate** |
|  |  |
| **The outside hard part of the bone.** | **compact bone** |
|  |  |
| **The inside part of the bone that makes the bone lighter for easier movement.** | **spongy bone** |
|  |  |
| **The center of the bone that makes blood cells** | **marrow** |

|  |  |
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| **Name two ball and socket joints.** | **shoulders**  **hips** |
|  |  |
| **The knees and elbows are examples of what type of joint?** | **hinge joint** |
|  |  |
| **The wrist and ankle is this type of joint.** | **gliding** |
|  |  |
| **Name a fixed joint.** | **cranium** |
|  |  |
|  |  |