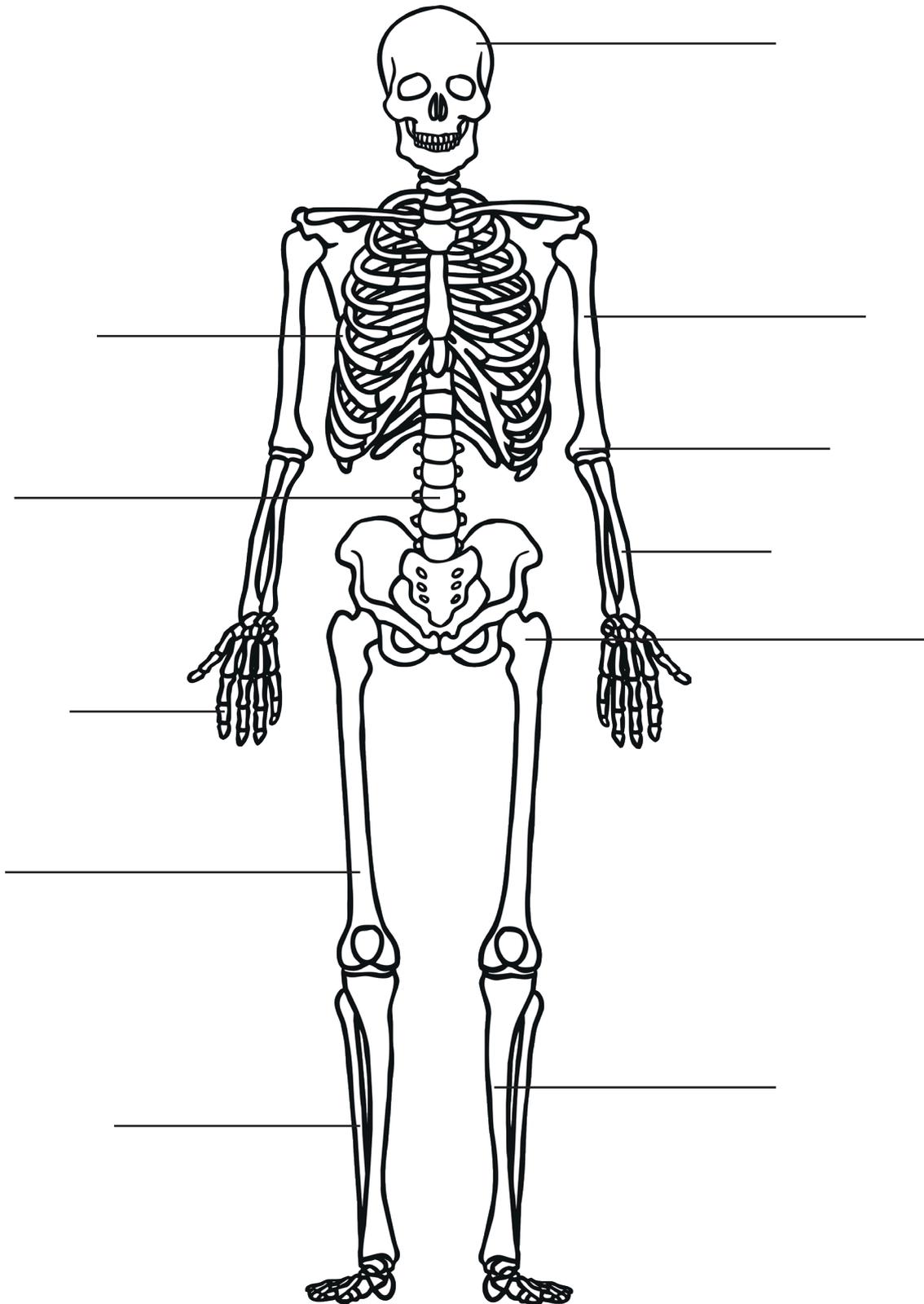


# Skeleton Worksheet

Name the bones in the body using the words at the bottom of the page.



finger bones ribs calf bone elbow bone skull shin bone upper arm bone backbone  
thigh bone forearm bone hip

# Skeleton Worksheet

1. What is a skeleton? What is it made from?

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2. How many bones make up the human skeleton?

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3. What connects our bones together so we can move?

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4. What would happen if we had no skeleton?

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5. What do the ribs protect?

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6. How do our bones change from birth to adulthood?

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7. What bone protects our brain?

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8. What foods are good for developing strong, healthy bones?

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9. How does age affect our bones?

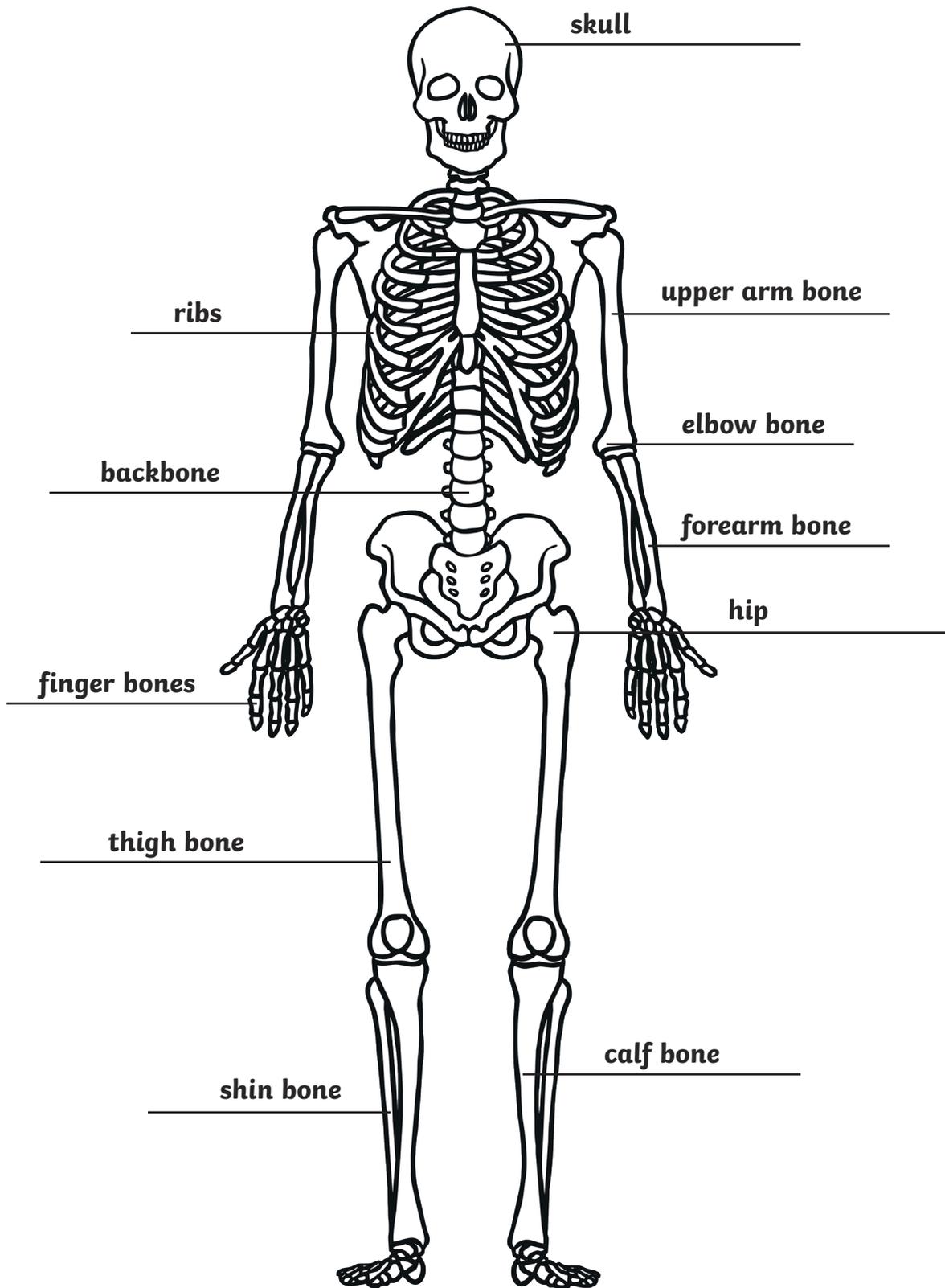
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10. What happens to most bones when we break them?

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# Skeleton Worksheet

Name the bones in the body using the words at the bottom of the page.



finger bones ribs calf bone elbow bone skull shin bone upper arm bone backbone  
thigh bone forearm bone hip

# Skeleton Worksheet - Answers

1. What is a skeleton? What is it made from?  
**A skeleton is a frame which protects our organs and gives our body its shape. It is made of bone.**
2. How many bones make up the human skeleton?  
**An adult skeleton has 206 bones.**
3. What connects our bones together so we can move?  
**Muscles connect our bones together so we can move.**
4. What would happen if we had no skeleton?  
**Various possible answers; e.g. having no shape, being like jelly, not being able to move, organs could be easily damaged.**
5. What do the ribs protect?  
**The ribs protect our heart and lungs.**
6. How do our bones change from birth to adulthood?  
**Our bones get bigger as we grow and get stronger.**
7. What bone protects our brain?  
**The skull protects our brain.**
8. What foods are good for developing strong, healthy bones?  
**Dairy products, such as milk and cheese, are good for developing strong healthy bones because they contain lots of calcium.**
9. How does age affect our bones?  
**As we get older, our bones can lose calcium and get weaker, becoming easier to break.**
10. What happens to most bones when we break them?  
**When we break a bone, a doctor will check the bone is straight and make sure it is protected and kept still. After a few weeks or months (depending on how bad the break is), the break in the bone will have healed.**