

# YOUR SKELETON

When you were born, you had more than 300 bones in your body. Some bones, like the ones in your head and hands, grow together as you grow up. By the time you are 20 years old, you will have 206 bones. Your bones connect to form your skeleton.

*Look at the skeleton to answer these questions:*

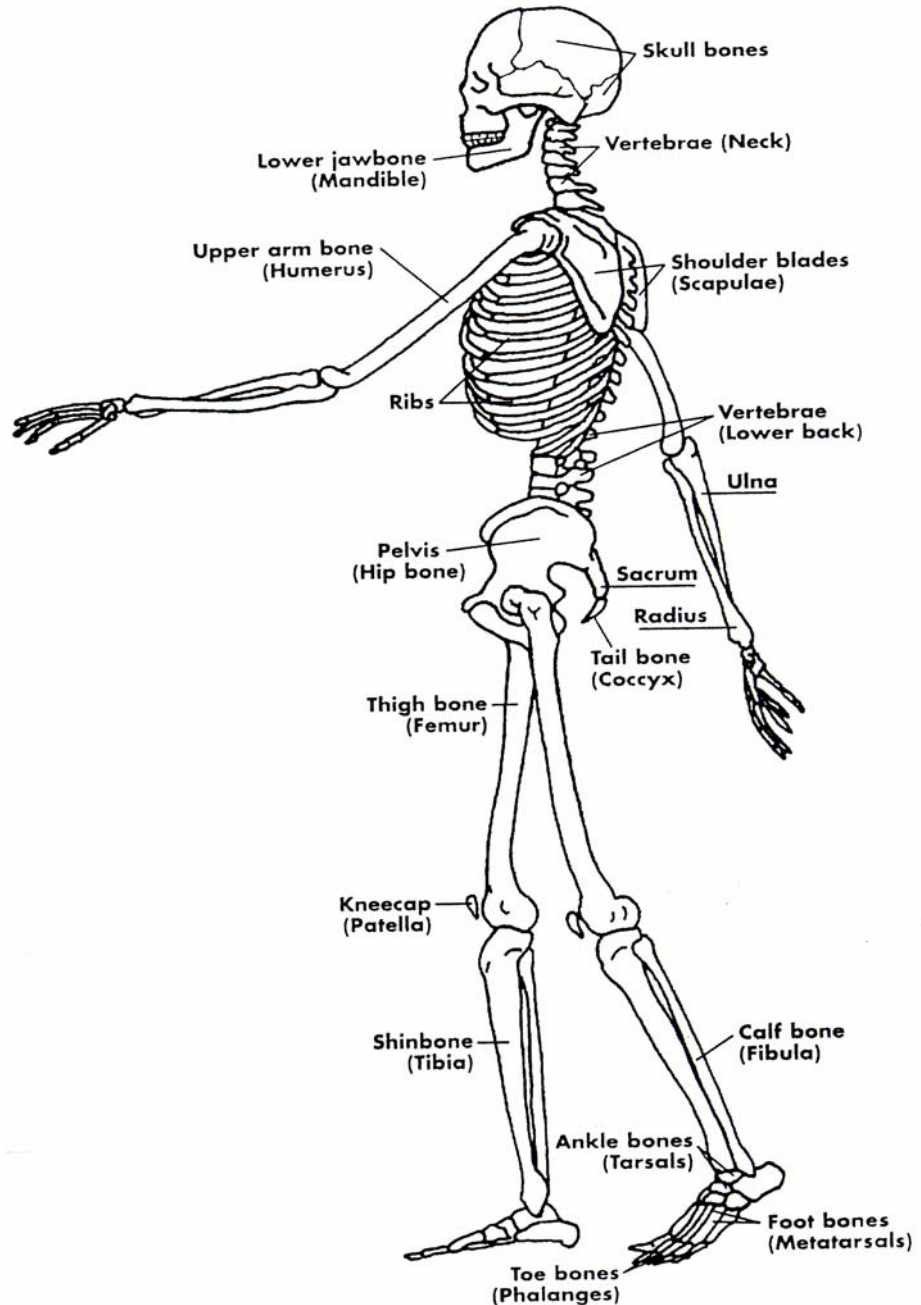
1. What is the longest bone in your body?  
\_\_\_\_\_

2. Which bones protect your heart and lungs?  
\_\_\_\_\_

3. What are the bones in your spinal column called?  
\_\_\_\_\_

4. What bones protect your brain and eyes?  
\_\_\_\_\_

5. What bone helps you chew food?  
\_\_\_\_\_



# FEED YOUR BONES

Everyone needs calcium. Calcium, along with vitamin D and exercise, helps make bones stronger. If you did not have calcium in your bones, they would be soft enough to tie into knots. Babies and children need calcium for growing bones and teeth. Adults need calcium to keep their bones strong.

*Unscramble these foods that contain calcium.*

*likm* \_\_\_\_\_

*eechse* \_\_\_\_\_

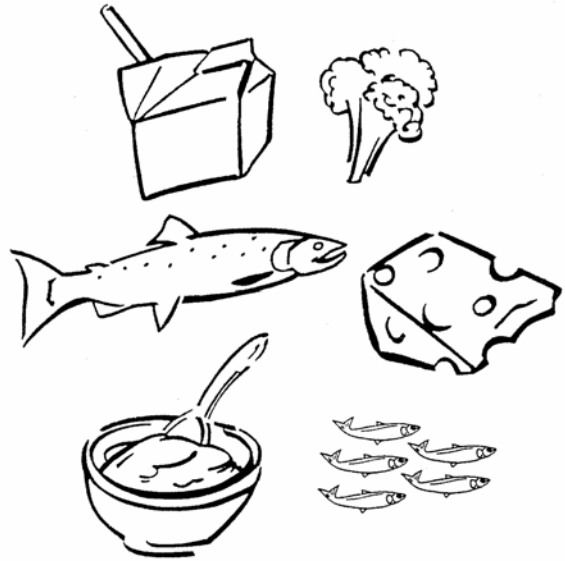
*tgoury* \_\_\_\_\_

*mearc cei* \_\_\_\_\_

*ensrdias* \_\_\_\_\_

*mosaln* \_\_\_\_\_

*ccolbroi* \_\_\_\_\_



You need calcium every day. If you are 4 to 8 years old, you need 800 milligrams of calcium every day. From age 9 to 18, you need 1,300 milligrams of calcium every day.

Sally is 10 years old and needs 1,300 milligrams of calcium every day. By drinking three glasses of milk today, she has 99 milligrams of calcium so far.

What snack could Sally enjoy to help her meet her goal for 1,300 milligrams?

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