

Bone Lab

{ *** YOU MUST FOLLOW
INSTRUCTIONS VERY
CAREFULLY!

THE GRADE IS A QUIZ
GRADE ON FOLLOWING
INSTRUCTIONS

Please gather your supplies:

☞ Coloring utensils: red, blue, AND green

☞ Black pen

☞ 1 toilet paper roll

☞ Scissors

☞ Paper Pieces: 1 white, 1 yellow, 1 red

☞ Your Skeletal Notes

Step 1: Definitions

Cut your white paper in half. On one half write these words and define them out of your notes. Save the second half for later

☞ Periosteum

☞ Spongy Bone

☞ Compact Bone

☞ Red Marrow

☞ Yellow Marrow

☞ Articular Cartilage

Step 2: Blood and Information:

- ☞ Use the blue and red colors to draw the structures that provide the blood supply to the bones on the tube. Write the names of these structures in these colors.
- ☞ Use the green color to draw in the structures that carry information to and from the bone. Write the name of these structures in green.

Step 3: Cut Spongy Bone

- ✿ Use the second half of your white page
- ✿ Cut a piece off the end of the paper that is the same length as your paper roll.

Step 4: Label

- ☞ Label the **compact bone**
- ☞ Label the **spongy bone**
- ☞ Label the **yellow marrow**
- ☞ Label the **red marrow**
- ☞ Use small strips from your white paper to make labels for your **articular cartilage**. Put these labels in the sticky side of the packing tape with the writing facing out (writing side of paper to sticky side of the tape)

Step 5: Crumple

- ☛ **Spongy Bone:** This needs to be a little soft and take up some space. Crumple this paper into a ball and smooth it back out a few times
- ☛ **Yellow Marrow:** Crumple this one into a “snake”. It will need be a line in the middle of the bone
- ☛ **Red marrow:** Cut or tear this paper in half. Ball up each piece. Leave in a ball.

Step 6: Assemble

- ☞ Add the periosteum (saran wrap): Center your paper roll in the center and on one edge of the plastic wrap. Equal parts of plastic should be sticking off each end. DO NOT TRIM OR FOLD! Roll the paper roll in the plastic wrap.
- ☞ Roll the yellow marrow inside the spongy bone and insert both in the paper roll.
- ☞ Add the red marrow to each end of the tube.
- ☞ Close each end of the bone with the periosteum.
- ☞ Cover each end of the bone with the articular cartilage

TEST!

☺ If you followed instructions you should be able to toss your “bone” to your neighbor without the project falling apart