

**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.**

**The name of the condition for a curvature in the spine from side to side that the school nurse would look for.**

**Scoliosis**

**Name the soft bone that can be found in your nose, ears, in babies, and between bones.**

**cartilage**

**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**

**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**

**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**

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