

NAME: _____ **TEST DATE:** _____

STUDY GUIDE for 3RD Grade Skeletal Test

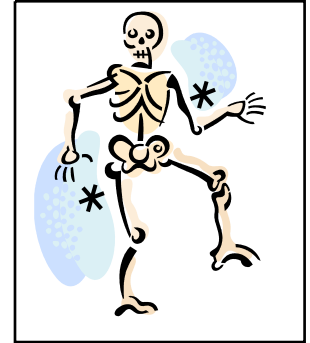
BONE STRUCTURE:

All your bones make up what system? The skeletal system

How many bones are in your body? 206

What are five functions (jobs) of the bones? *****

1. **Protection** (of your internal parts and organs)
2. **Support** (bones help hold you up)
3. **Movement** (bones work with muscles to help body move)
4. **Shape** (gives your body shape)
5. **Make blood cells**



When do your bones finish growing? Usually between 18 and 21 years of age.

Where do the bones grow? In the growth plate (an area near the ends of the long bones).

What does the marrow make? Blood cells.

What are three ways to help keep your bones healthy and strong? Eating a healthy diet that has calcium, exercise 60 minutes a day, and wearing protective equipment (especially during sports).

What types of food are rich in calcium? Cheese, milk, yogurt, leafy green vegetables are among a few.

JOINTS:

What is a joint? A place in your body where bones come together.

What are the different types of joints?

- | | |
|--------------------|---------------|
| 1. Ball and socket | hip, shoulder |
| 2. Hinge | knee, elbow |
| 3. Gliding | wrist, ankle |
| 4. Fixed | cranium |

BREAKS/FRACTURES:

How does a doctor check for a fracture (or broken bone)? With an X-Ray or MRI.

How is a fracture treated? Usually with a cast that holds the bone in one place so that it is able to heal.

BONE DISEASES:

What is osteoporosis? A disease of the bones that causes bone tissue to become brittle. Eating foods high in the mineral calcium combined with exercise helps prevent osteoporosis.

What is scoliosis? It is a curvature in the spine from side to side. The school nurse usually checks for this.

What is arthritis? A disease that harms the joints, causing redness, swelling and pain. People who get arthritis are usually older, but some young people get it as well.

ADDITIONAL:

What is cartilage? A soft/elastic tissue that makes up part of the skeleton and keeps the bones from grinding together. A baby has more soft bones & cartilage. They harden as you get older.

What is a ligament? It connects bones to bones.

For on-line additional study tools, visit **kidshealth.org** and go to the “for Kids” site and click on “bone.” Watch the movie and take the quiz!

MAKE SURE YOU RE-READ YOUR SKELETAL SYSTEM SHEETS!



(DONE!)