Your amazing skeleton

Reading for grades 2 to 3 (Years 3 to 4). Read the text, then answer the questions on the next page.

Name _____

Without a skeleton, your body would flop like a bag of jelly. Your skeleton is the frame of bones inside you. It holds you up, it protects the soft parts inside you, and it works with your muscles so that you can move.

A grown-up has 206 bones. A baby is born with about 300 bones, but some of them join together as the baby grows.

Some bones are there to protect. Your skull is a hard case around your brain. Your ribs make a cage around your heart and lungs.

The place where two bones meet is called a joint. Your elbow and your knee bend like the hinge on a door. Your shoulder and your hip are ball and socket joints, so your arm and leg can swing round in a circle.

Bones are alive. They grow as you grow, and a broken bone can mend itself. Inside many bones is a soft jelly called marrow, which makes new blood cells.

To keep your bones strong, eat foods with calcium, such as milk, cheese, yogurt and green vegetables, and be active every day.

Your amazing skeleton: questions

Answer in full sentences. Look back at the text to check.

Name _____

1. **How many bones does a grown-up have?**

2. **Which bone protects your brain?**

3. **What is a joint?**

4. **Name two joints that bend like a hinge.**

5. **Why does a baby have more bones than a grown-up?**

6. **What does bone marrow make?**

7. **True or false: bones are not alive. How do you know?**

Answers: Your amazing skeleton

1. **How many bones does a grown-up have?**

   206

   Text: “A grown-up has 206 bones.”

2. **Which bone protects your brain?**

   the skull

   Text: “Your skull is a hard case around your brain.”

3. **What is a joint?**

   the place where two bones meet

   Text: “The place where two bones meet is called a joint.”

4. **Name two joints that bend like a hinge.**

   the elbow and the knee

   Text: “Your elbow and your knee bend like the hinge on a door.”

5. **Why does a baby have more bones than a grown-up?**

   some of its bones join together as it grows

   Text: “but some of them join together as the baby grows”

6. **What does bone marrow make?**

   new blood cells

   Text: “Inside many bones is a soft jelly called marrow, which makes new blood cells.”

7. **True or false: bones are not alive. How do you know?**

   false: the text says bones are alive, they grow and can mend

   Text: “Bones are alive.”