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## **PB&J – Protect your bones and joints**

Kids will learn how to protect their bones and joints, specifically knees and shoulders, by learning more about stretching and basic anatomy.

- 1. The human skeleton has how many bones?**
  - a. Answer: 206
  
- 2. The ribs form a cage that shelters what? (Name one)**
  - a. Answers: Heart, lungs, liver and spleen
  
- 3. The knee is the largest joint in the body. The knee is made up of the lower end of the thigh bone, which is called what?**
  - a. Answer: Femur
  
- 4. What structure joins a bone to a muscle?**
  - a. Answer: Tendon
  
- 5. What is the scientific name for a human kneecap?**

Answer: Patella
  
- 6. Where in the human body are red blood cells produced?**

Answer: In the bone marrow
  
- 7. What would happen if humans didn't have bones?**

Answer: You'd be floppy like a beanbag
  
- 8. How do my bones move?**
  - a. Answer: With lots of help from your muscles
  
- 9. Are your bones alive?**
  - a. Answer: Yes. Bones are made of a mix of hard stuff that gives them strength and living cells which help them grow and repair themselves.
  
- 10. What's the longest bone in your body?**

Answer: Your thigh bone, the femur -- it's about 1/4 of your height.

**11. What are bones made of?**

Answer: Calcium, phosphorus, sodium and other minerals.

**12. Who has more bones: a baby or an adult?**

Answer: Babies have more bones than adults! At birth, you have about 300 bones. As you grow older, small bones join together to make big ones. Adults end up with about 206 bones.

**13. How do I keep my bones healthy?**

Answer: Bones need regular exercise to stay as strong as possible. Walking, jogging, running and other physical activities are important to keep your bones strong and healthy. Riding your bike, basketball, soccer, gymnastics, baseball, dancing, skateboarding and other activities are all good for your bones.

Common Name	Scientific Name
skull	cranium
jawbone	mandible
collarbone	clavicle
shoulder blade	scapula
breast bone	sternum
funny bone	humerus
spine	vertebrae
hips	pelvis
wrist	carpals
hip	pelvis
thigh bone	femur
kneecap	patella
shin bone	tibia
ankle	tarsals

