

**Bones, Muscles, and Skin** ▪ *Guided Reading and Study*

## The Skeletal System

*This section describes the skeletal system and its function. It also tells how to keep your bones strong and healthy.*

### Use Target Reading Skills

*Before you read, preview the red headings. In the graphic organizer below, ask a what or a how question for each heading. As you read, answer your questions.*

#### The Skeletal System

Question	Answer
What does the skeleton do?	

### What the Skeletal System Does

1. List the five major functions of the skeleton.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

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## **The Skeletal System** *(continued)*

2. Circle the letter of the bone that makes up the center of the skeleton.
  - a. skull
  - b. pelvic girdle
  - c. backbone
  - d. femur
3. The 26 small bones that make up the backbone are the \_\_\_\_\_.
4. How does the skeleton help the body move?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. Circle the letter of the bone that protects the brain.
  - a. backbone
  - b. pelvic girdle
  - c. ribs
  - d. skull
6. The long bones of the arms and legs make \_\_\_\_\_.

## **Joints of the Skeleton**

7. What is a joint?  
\_\_\_\_\_  
\_\_\_\_\_
8. What are the two kinds of joints in the body?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
9. Circle the letter of bones that are held together by immovable joints.
  - a. knee
  - b. ankle
  - c. skull
  - d. shoulder blade

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10. Complete the table to show the four types of movable joints.

Movable Joints		
Joint	Kind of Motion	Where It's Found in the Body
Hinge		
Ball-and-socket		
Pivot		
Gliding		

11. The bones in movable joints are held together by strong connective tissues called \_\_\_\_\_.

**Bones—Strong and Living**

12. Circle the letter of each sentence that is true about bones.

- a. Bones are very strong and lightweight.
- b. Concrete can absorb more force without breaking than bone can.
- c. Bones make up over half of an adult's body weight.
- d. Bones are hard because they contain minerals.

13. When do bone cells form new bone tissue?

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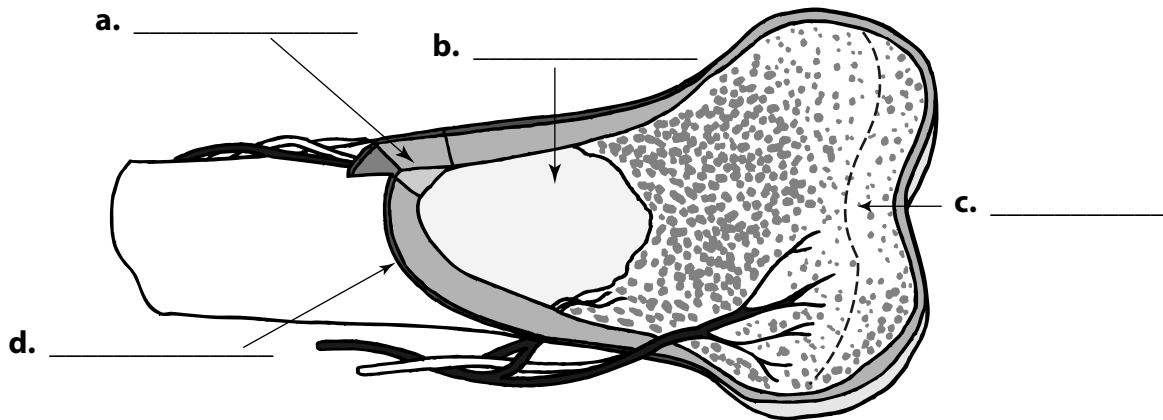
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## The Skeletal System *(continued)*

14. Label the parts of the bone in the diagram below.



Match each part of a bone with its characteristics.

Bone Parts	Characteristics
____ 15. marrow	a. Where blood vessels and nerves enter and leave the bone
____ 16. outer membrane	b. Has small canals with blood vessels running through
____ 17. compact bone	c. Strong, but lightweight because it has many small spaces within it
____ 18. spongy bone	d. Soft connective tissue in the spaces in bone

19. A connective tissue that is more flexible than bone is called \_\_\_\_\_.

20. Circle the letter of each sentence that is true about how bones form.

- a. Much of an infant's skeleton is bone.
- b. As the body grows, the cartilage in the skeleton is replaced with hard bone tissue.
- c. By the time the body stops growing, all of the cartilage has been replaced with bone.
- d. Cartilage covers the ends of many bones in the body of an adult.

## Taking Care of Your Bones

21. What can you do to keep your bones healthy? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

22. A condition in which the body's bones become weak and break easily is called \_\_\_\_\_.