Solutions

Best Bones Quiz

1. 206
2. Skull: brain
   Spine: spinal cord
   Ribs: lungs, liver and heart
   Pelvis: stomach, bladder and female reproductive organs
3. a. Periosteum
   b. Bone marrow
   c. Cortical
   d. Spongy or cancellous tissue
4. Calcium
5. When your bones are at their strongest.
6. In the ear and it is 3mm long.
   2. Vitamin D – helps us to absorb calcium from our food and drink.
   3. Exercise – weight bearing and resistance exercises help to increase bone mass and maintain strength.
8. Answers to this question will vary depending on the dictionary used. Use the following as a guide only.
   Femur – the thigh bone.
   Osteoporosis – A condition that occurs when bones lose their strength and become brittle.
   Humerus – the bone in the upper arm.
   Vitamin D – A vitamin that is essential for the absorption of calcium. It can be found in liver and fish oils and in sunlight.
   Calcium – A mineral found in many foods, or, a soft grey alkaline earth metal.
   Nutrients – Substances that provides nourishment which is essential for growth and life.