



BEST BONES FOR LIFE

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.
7.
 1. Calcium – builds bone mass, assists with growth and maintenance.
 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.