



BEST BONES FOR LIFE

Best Bones Quiz

Name: _____

Read the information about bones in the 'Facts for Students' section of the FTfs website (your teacher can help you find this) then answer the following questions.

1. How many bones are there in an adult's body?

2. Which organs/parts of the body are protected by the following bones?

Skull: _____

Spine: _____

Ribs: _____

Pelvis: _____

3. Which part of the bone:

a. Contains blood vessels and nerves? _____

b. Is a jelly-like substance? _____

c. Is hard and protective? _____

d. Looks like honeycomb? _____

4. Which nutrient is stored in our bones and is essential to bone health?

5. Define 'peak bone density'.

6. Where would you find the smallest bone in the body and how long is it?



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7. List the three things your body needs to build strong bones and what each one does to contribute to bone health.

1. _____

2. _____

3. _____

8. Use a dictionary to find definitions for the following words:

Femur _____

Osteoporosis _____

Humerus _____

Vitamin D _____

Calcium _____

Nutrients _____
