

Worksheet: The Human Skeleton



Q1: Pick one way to keep our bones strong and healthy.

- A Eat lots of foods containing calcium.
- B Eat lots of foods containing sugar.
- C Eat lots of foods containing vitamin C.

Q2: The skeleton has three main functions (jobs). It gives our bodies shape and protects our organs. Which of these is the third function of the skeleton?

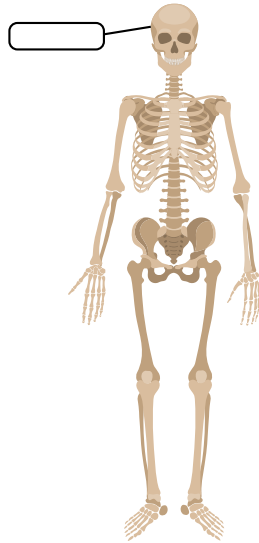
- A It maintains our body temperature.
- B It helps us move.
- C It helps us run fast.

Q3: What attaches our muscles to our bones?

- A Skin
- B Joints
- C Tendons

Q4: Select the correct bone to complete the label.

► Which bone does the label show?



A The hips

B The shoulders

C The skull

D The ribs

► Which organ does this bone protect?

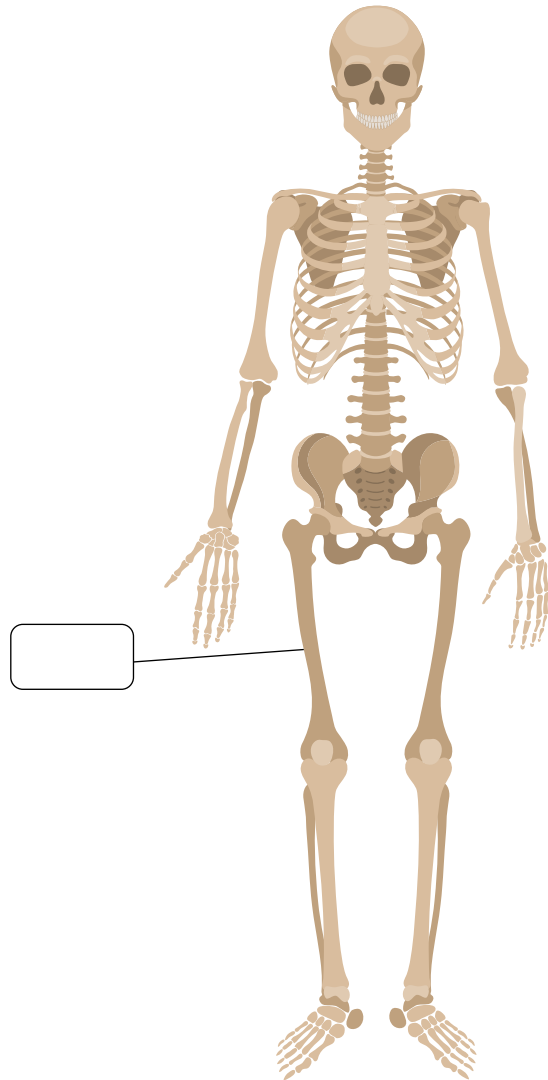
A The liver

B The heart

C The brain

D The lungs

Q5: This is a human skeleton.



► What is the name of the bone that completes the label?

- A Femur
- B Knee
- C Fibula
- D Tibia

► This bone helps support our body weight. It has another important job.

What is it?

A It helps us stand and walk.

B It helps us balance.

C It helps us turn our head.

D It helps us write.