

Your Living Bones



Read the passage. Then answer the questions in full sentences.

Name _____ Date _____

Your bones are alive. They use oxygen, take in food and need blood, and they change shape over time as you use them.

Together, your bones make a frame called the skeleton. It holds you up against the pull of gravity: when you stand, the big bones of your legs hold up the rest of your body. Your muscles work with your bones to move you, and the bones work like levers.

Your skeleton keeps soft parts safe, too. Your skull surrounds your brain, your backbone protects your spinal cord, and your rib cage helps protect your heart and lungs.

Bones also store calcium, more than any other part of your body. When your blood has too little calcium, your bones let some go.

Inside some bones is a soft part called red marrow. It makes new blood cells: red cells, white cells and platelets.

1. What does your skull protect?

2. What does red marrow make?

3. What happens when your blood has too little calcium?

4. Why do you think the biggest bones are in your legs?

Answer key

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1. What does your skull protect?

Your brain.

2. What does red marrow make?

New blood cells: red cells, white cells and platelets.

3. What happens when your blood has too little calcium?

Your bones let some of the calcium they store go into the blood.

4. Why do you think the biggest bones are in your legs?

Sample answer: when you stand, the leg bones hold up the rest of the body, so they need to be big and strong.