

# BONES

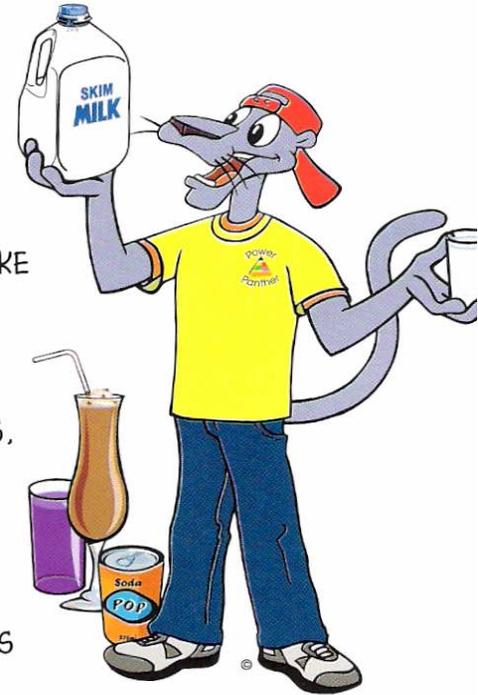
POWER PANTHER SAYS **EAT SMART.**

BONES PROVIDE THE FRAMEWORK FOR THE BODY AND **CALCIUM** IN MILK BUILDS STRONG BONES.

BONES HOLD YOU UP. THEY GIVE THE BODY ITS SHAPE. BONES ARE VERY STRONG AND HARD ON THE OUTSIDE TO SUPPORT THE BODY. INSIDE, THE BONE CELLS ARE SOFT LIKE A SPONGE. YOUR FRAMEWORK OF BONES IS CALLED YOUR SKELETON.

YOU BUILD STRONG BONES BY EATING A VARIETY OF FOODS, ESPECIALLY FOODS THAT ARE HIGH IN CALCIUM. THE **DAIRY GROUP** SUPPLIES NUTRIENTS NEEDED FOR STRONG BONES. SKIM MILK OR LOW-FAT DAIRY PRODUCTS HAVE ALL OF THE NUTRIENTS YOU NEED, BUT NOT THE EXTRA FAT. YOU NEED **3 SERVINGS** OF DAIRY PRODUCTS EVERY DAY.

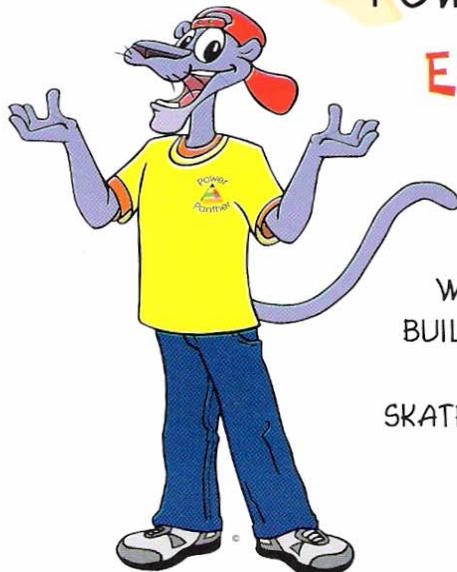
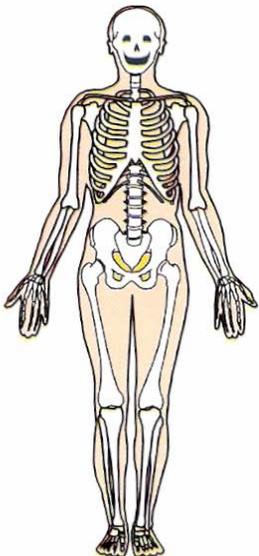
SOME **VEGETABLES** LIKE SPINACH AND BROCCOLI ALSO SUPPLY NUTRIENTS FOR STRONG BONES. CALCIUM, VITAMIN D AND PROTEIN ARE ALL IMPORTANT FOR MAINTAINING STRONG BONES. YOU NEED TO CONTINUE TO EAT CALCIUM-RICH FOODS ALL OF YOUR LIFE. IF YOU QUIT, BONES BECOME BRITTLE AND CAN BREAK EASILY.



POWER PANTHER SAYS **PLAY HARD.**

**EXERCISE** HELPS BUILD STRONG BONES.

ANOTHER WAY THAT YOU BUILD STRONG BONES IS BY BEING PHYSICALLY ACTIVE. YOUR BONES CHANGE ALL THE TIME. THEY WON'T STAY STRONG FOREVER WITHOUT SOME HELP. PLENTY OF PHYSICAL ACTIVITY BUILDS STRONG BONES. WHEN YOU RUN AND PLAY, RIDE YOUR BIKE OR RIDE YOUR SKATEBOARD, YOU HELP YOUR BONES USE THE CALCIUM IN YOUR BODY.



# BONING UP!

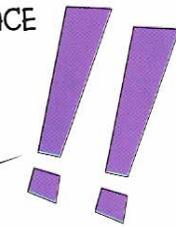
THERE ARE 206 **BONES** IN YOUR BODY. THEY ARE ALL DIFFERENT SHAPES AND SIZES, AND EACH ONE HAS A SPECIAL JOB. BONES WORK WITH YOUR MUSCLES TO HELP YOU **MOVE**, AND THEY GIVE YOUR BODY **SHAPE**. THEY ALSO **PROTECT** THE SOFT PARTS OF YOUR BODY, LIKE YOUR **BRAIN**, YOUR **HEART**, AND YOUR **LUNGS**. SEE IF YOU CAN FIND THE UNDERLINED WORDS IN THE PUZZLE AND CIRCLE THEM.

A	S	B	U	I	H	S	S	R	I	M	K	P
Z	B	O	D	Y	C	G	I	B	M	Z	S	R
L	U	N	G	S	A	X	Z	G	H	F	U	O
C	R	E	Y	Q	U	O	E	I	E	X	N	T
R	D	S	Q	J	E	I	S	H	A	P	E	E
I	G	P	B	O	T	K	M	Z	R	Y	R	C
C	T	M	B	S	V	W	L	X	T	L	E	T
A	Y	S	K	U	L	L	T	M	O	V	E	Y
G	N	M	E	W	Y	P	B	R	A	I	N	Q
E	P	E	R	F	O	R	M	O	F	G	O	A

## DID YOU KNOW...

WHEN YOU ARE BORN, YOU HAVE ABOUT **300** BONES. AS YOU GROW, SOME OF THESE BONES GROW OR FUSE TOGETHER. WHEN YOU ARE AN ADULT YOU WILL HAVE 206 BONES. OUR BONES ARE LONG, SHORT, ROUND, FLAT, BIG AND LITTLE. ABOUT **100** OF OUR BONES ARE IN OUR HANDS AND FEET. OUR SMALLEST BONE IS IN OUR EAR AND IT IS SMALLER THAN A GRAIN OF RICE.

THE "FUNNY BONE" IS REALLY NOT A BONE AT ALL. IT IS THE PLACE WHERE A NERVE CROSSES THE SURFACE OF THE LONG BONE NEAR YOUR ELBOW. THE LONG BONE IS CALLED THE "HUMERUS".



## POWER POINTS...

**JOINTS** ARE WHERE BONES MEET. WHEN YOU LIFT A GLASS OF MILK AND TAKE A SIP, MORE THAN 30 JOINTS MOVE IN YOUR FINGERS, WRIST, ARM AND SHOULDER.



WHAT HAPPENS WHEN YOU TELL AN EGG A JOKE?