

The Skeletal System

Function:

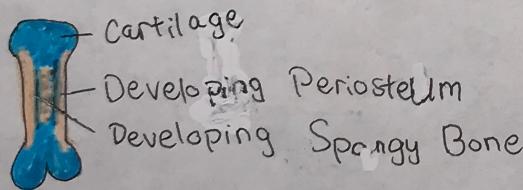
- => Shapes and Supports our body
- => allows our body to MOVE
- => Protects organs
- => Constructed from 206 bones, together, those bones create a framework that is strong but light

Inside a BONE!

The bones in a human body are strong to support our mass, but light enough for us to move around easily.

How bones grow?

Newborn Baby:

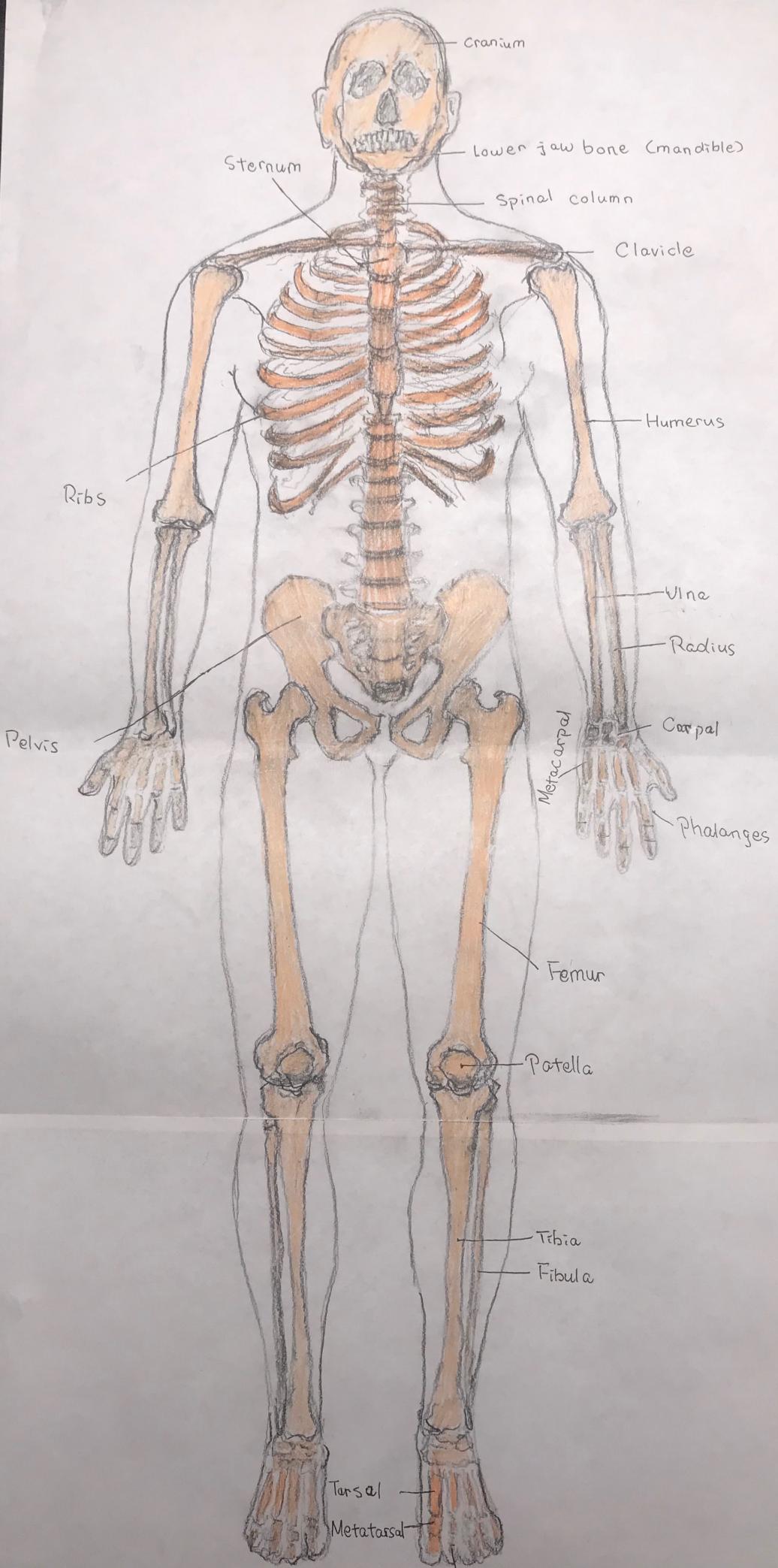


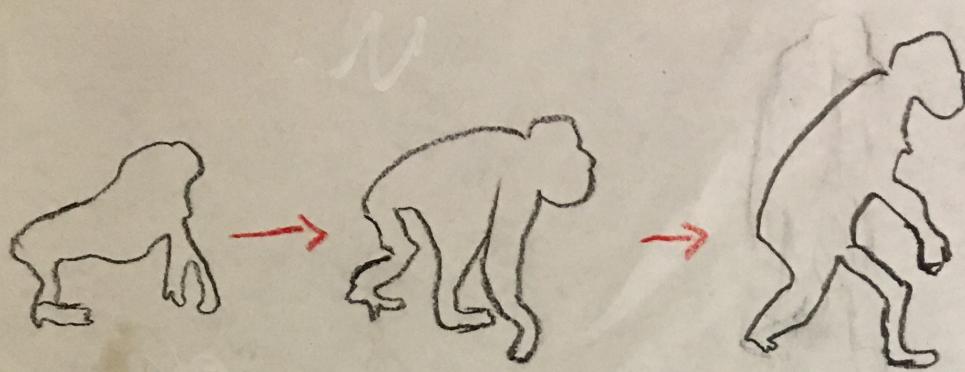
Spongy bone first starts to form in the shaft, in the middle of the bone.

Nine-year-old child:

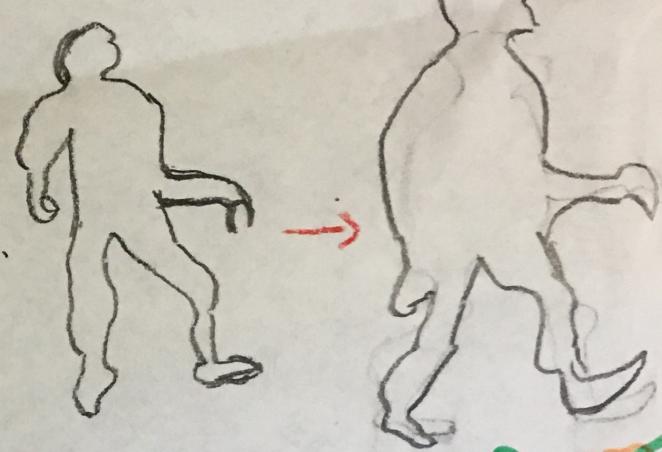


The bone shaft has hardened into bone. Growth plates at each end produce new Cartilage, making the bone longer.





Since the skeletal system has changed over time, hands and arms were free from crawling, eventually, they build up the capability of working.



How to keep the skeletal system healthy?

Eat a **BALANCED** diet

Make Time for **PHYSICAL ACTIVITY**

Maintain a **HEALTHY** body **WEIGHT**

Don't **SMOKE**

Fast Facts

* The collagen in bone constantly renews itself, so about every seven years, you have a completely new skeleton!

* Babies are born with about 300 bones, but adults have just 206. Some bones fuse together as we grow!

* 15% of an adult's mass is taken up by their **BONES**!