

Worksheet 3.1a

A Human Bone



Bones are living tissues that continuously renew themselves. It is essential to build and maintain strong and healthy bones from childhood through to old age.

Children have around 300 bones when they are born. As they grow, some of these bones fuse (join together), so by the time they become adults, they have 206 bones. The bones fuse to make the skeleton stronger and better suited for adult bodies.

The smallest bone in the skeleton is in our ear, and the largest is in our leg.



Worksheet 3.1b

Healthy Bones



Healthy bones are very important because they help support the body as it grows and gets stronger. Bones give the body shape and protect vital organs like the heart and brain. Bones also store important minerals that help keep the body working well. Building strong bones when you're young helps set you up for a healthy life, giving you strength for all the things you love to do.

Circle the seven nutrients important for bone health.

Protein

Vitamin B

Vitamin D

Vitamin E

Calcium

Iron

Omega-3 Fatty Acids

Potassium

Phosphorus

Folate

Magnesium

Zinc

Sodium

Cholesterol



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Healthy Bones



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