

FACTUAL TEXT # 2: Our Skeleton

All the bones in our body join together to form a skeleton. The skeleton helps our body stay upright. If we didn't have it, we would just be a blob on the ground.

There are 206 bones in our skeleton. Every single bone has a job to do. For example, our ribs protect our heart and lungs and the leg and arm bones support muscles to help us move.

The bones in our skeleton connect together at special places called *joints*. Our elbows, knees and shoulders are all types of joints. Joints help us move different parts of our body.



Our bones are hard on the outside. The hard part is made from calcium. Eating and drinking calcium-rich food like cheese, yogurt and milk helps keep our bones strong. The inside of our bones is very soft. This soft tissue is called *bone marrow*.

Sometimes we might accidentally break a bone. A doctor needs to help us repair the bone- usually with a cast or sling. The smallest bone (only 3mm long) called a stapes or 'stirrup' is deep inside our ear and the longest bone is called the *femur* (the bone that goes from our knee to our hip).

1. Which bones protect our heart and lungs?

the femur.

the skull.

the skeleton.

the ribs.

2. Elbows, shoulders and knees are all types of

muscles.

joints.

bone marrow.

calcium-rich food.

3. Which statement best describes our bones?

They are soft on the outside but hard on the inside.

They are hard inside and outside.

They are hard on the outside but soft on the inside.

They are soft inside and outside.

4. The examples of calcium-rich food in the text are all types of

fruits and vegetables.

dairy products.

meat and fish.

breads and cereals.

5. *The bone that goes from our knee to our hip.*

This sentence in the brackets is used to

finish off the text.

explain a word.

describe a type of joint.

give an example.

6. What could be another title for this text?

How to keep our bones strong

Interesting facts about our skeleton

All about the human body

How to fix a broken bone