

1

All the bones in the human body are called the _____.

- A. ligaments
- B. skeleton
- C. cartilage
- D. bones



2

Bones, joints, cartilage, tendons, and ligaments make up the _____.

- A. skeletal system
- B. organs
- C. skeleton
- D. human body



3

Which of the following is NOT a function of the skeletal system?

- A. gives the body shape
- B. maintains posture
- C. protects the organs
- D. allows movement



4

What is produced inside bones?

- A. blood cells
- B. cartilage
- C. tendons
- D. muscles



5

What are bones like on the outside?

- A. soft and spongy
- B. heavy and solid
- C. thin and brittle
- D. thick and strong



6

What are bones like on the inside?

- A. soft and spongy
- B. thick and strong
- C. thin and brittle
- D. heavy and rough



7

When do humans have the most bones in their bodies?

- A. as babies
- B. age 50
- C. age 5
- D. age 25



8

What happens when babies' bones fuse together?

- A. split into two
- B. create cartilage
- C. break apart
- D. join together



9

How many bones make up the adult human skeleton?

- A. 313
- B. 400
- C. 279
- D. 206



10

When do bones stop growing?

- A. age 20
- B. age 15
- C. age 25
- D. Bones don't grow



11

What is a fracture?

- A. large bone
- B. broken bone
- C. bone made of cartilage
- D. piece of bone



12

What happens when bones break?

- A. They stay broken forever.
- B. Part grows back together.
- C. They repair themselves.
- D. Doctors have to repair them in surgery.



13

How many main types of bones are in the human skeleton?

- A. 300
- B. 4
- C. 5
- D. 206



14

What type of bone is longer than it is wide?

- A. long bones
- B. short bones
- C. flat bones
- D. irregular bones



15

Where might you find a long bone?

- A. head
- B. wrist
- C. chest
- D. leg



16

What type of bone is about as wide as it is long?

- A. long bones
- B. short bones
- C. flat bones
- D. irregular bones



17

Where in the skeleton might you find a short bone?

- A. hand
- B. hip
- C. chest
- D. leg



18

Bones that are not long, short, or flat are called _____ bones.

- A. long bones
- B. short bones
- C. flat bones
- D. irregular bones



19

Where in the skeleton might you find a flat bone?

- A. hand
- B. wrist
- C. chest
- D. leg



20

What type of bone is large, strong, and flat?

- A. long bones
- B. short bones
- C. flat bones
- D. irregular bones



21

The area where bones meet is called a _____.

- A. joint
- B. tendon
- C. ligament
- D. cartilage



22

Tissues that hold bones together at a joint are called _____.

- A. joint
- B. tendon
- C. ligament
- D. cartilage



23

Which of the following is a hard substance that keeps bones from rubbing together?

- A. joint
- B. tendon
- C. ligament
- D. cartilage



24

What type of bone are muscles attached to?

- A. long bones
- B. short bones
- C. flat bones
- D. irregular bones



25

What hard substance is found in babies before bones grow?

- A. joint
- B. tendon
- C. ligament
- D. cartilage



26

What can be found inside bones?

- A. nothing
- B. sponges
- C. ligaments
- D. marrow



27

What does bone marrow produce?

- A. muscles
- B. blood
- C. hair
- D. water



28

Why are bones able to heal themselves after a fracture?

- A. Bones are always growing longer.
- B. Bones are alive.
- C. Bones create blood cells.
- D. Bones are thick and strong.



29

Why is it important to keep bones healthy?

- A. Bones stop growing longer around age 25.
- B. Bones can break easily.
- C. Bones are alive and working.
- D. Bones only grow once.



30

What do bones need to grow?

- A. lots of water
- B. calcium
- C. green vegetables
- D. fractures



31

What can you do to keep bones strong?

- A. lots of water
- B. helmets and other sports equipment
- C. green vegetables
- D. exercise



32

Why is it important to keep bones protected?

- A. Bones are can break.
- B. Bones are alive.
- C. Bones create blood cells.
- D. Bones are thick and strong.

