

What Are Bones?

Bones are hard parts in our body that help keep us strong and safe. They form a structure called the skeleton, which supports our body and helps us stand up straight.

How Many Bones Do We Have?

When we are born, we actually have around 270 bones! But as we grow up, some of those bones join together, and by the time we are adults, we only have 206 bones.

What Do Bones Do?

- **Support:** Bones act like a frame for our body, just like how a skeleton holds up a puppet!
- **Protection:** Our bones protect important parts of our body, like how the skull protects our brain.
- **Movement:** Bones work with muscles to help us move, jump, and run!
- **Blood Cell Production:** Some bones make blood cells, which are super important for health!

Parts of a Bone

Bones are made of different parts:

- **Outer Layer:** This is the hard, strong part we can feel.
- **Compact Bone:** This is the thick layer inside that gives our bones strength.
- **Spongy Bone:** Inside the compact bone, it's lighter and has holes, like a sponge.
- **Bone Marrow:** This is the soft part inside some bones where blood cells are made!

How Do Bones Grow?

Our bones grow as we get older. They start out small and soft in babies, but they gradually get bigger and stronger. Eating healthy foods and getting enough exercise helps our bones stay strong!

Fun Facts About Bones!

- The smallest bone in the human body is in your ear!
- Our bones are constantly changing; they rebuild themselves over time.
- Some animals have different types of bones that help them survive, like the bones in a bird's wings.

So, bones are super important for keeping us healthy and strong. Take care of your bones by eating well and staying active!