

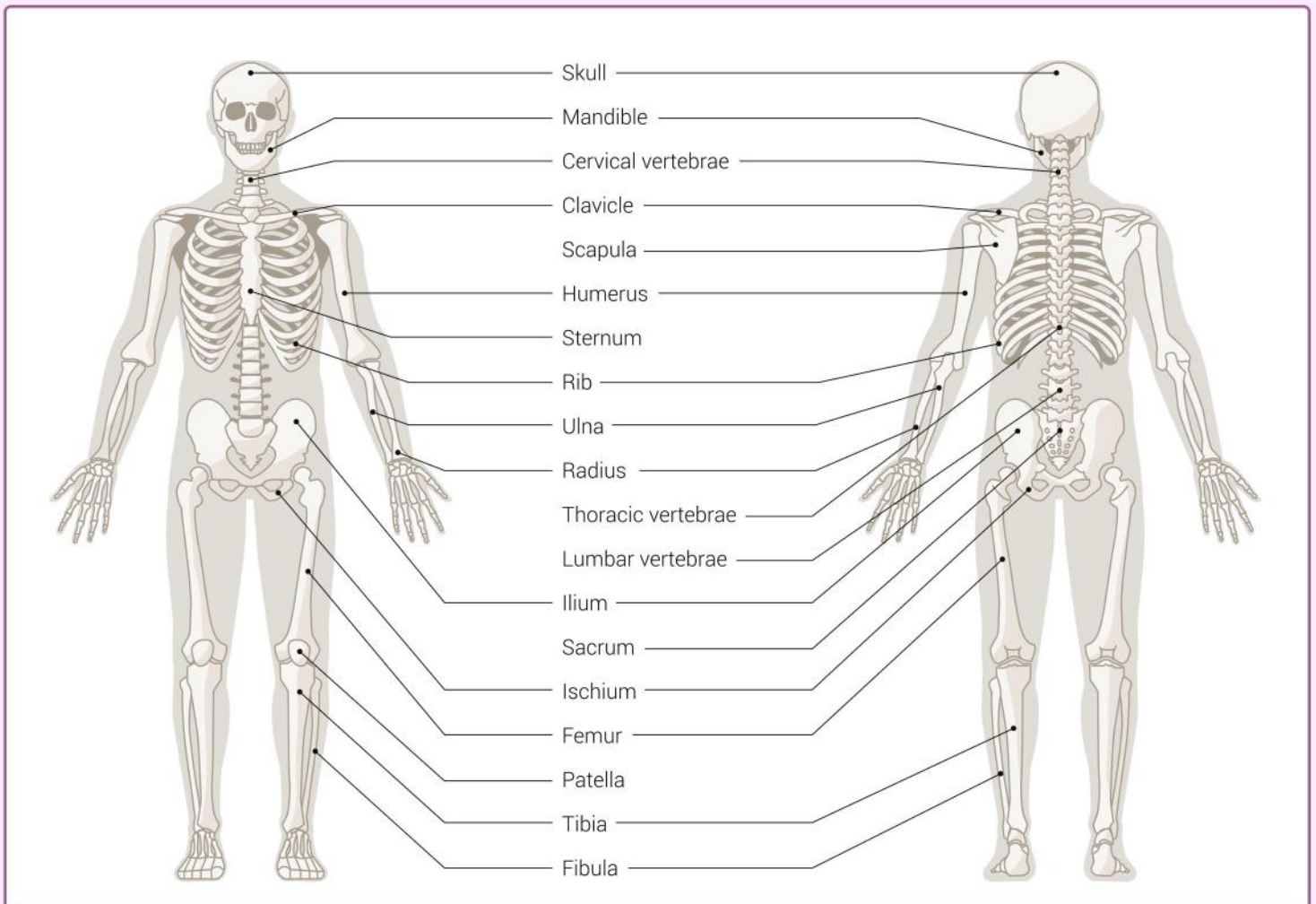
What Is The Human Skeletal System?

The human skeletal system is composed of bones and cartilages. Human beings have 206 different types of bones in their bodies. The skeletal system provides rigidity and strength to our body. It helps us stay upright and erect.

Some bones provide protection to the vital organs of the human body, others help in motion and movement. The skull, for instance, protects the brain, while the rib cage protects important organs like the heart and the lungs.

The skeletal system is not limited to just the bones. It also includes tendons, ligaments, and cartilage. Tendons connect the bones to the muscle, while the ligaments help in connecting two bones to each other.

The main mineral in the bone is calcium. The inner soft part of the bone is known as the bone marrow. Bone marrow plays a very important role, as the red and white blood cells are produced in the bone marrow.



The place where two different bones meet is called a joint. There are different types of joints. For example, the shoulder and hip bones form the socket joints, while the ankle and elbow form the hinge joints.

A soft structure called the cartilage is present between two bones to provide cushioning and avoid friction. The ligaments and cartilage help in the movement and rotation of joints, such as the knees and elbows.

Bones release a hormone called osteocalcin. Osteocalcin helps in maintaining the insulin levels in the blood.

Let's solve a small mystery!

Given below is an image of the human skeletal system. You have to identify and label each bone. We have also given you the names of the bones you need to mark, but with a twist!

Each bone name is written in a code. You have to decode it, find the bone on the skeleton, and mark it in the image.

Hint: Each letter in the code should be replaced by the letter that comes before it in alphabetical order. For example, B should be replaced by A, C by B, Z by Y, and so on!

ABCDEFGHIJKLMNOPQRSTUVWXYZ

One has been done for you.

- | | | | |
|-------------|----------------|---------------------|-------|
| 1. DSBOJVN | <u>Cranium</u> | 8. SBEJVT | _____ |
| 2. NBOEJCMF | _____ | 9. WFSUFCSBM DPMVNM | _____ |
| 3. DMBWJDMF | _____ | 10. VMOB | _____ |
| 4. TDBQVMB | _____ | 11. GFNVS | _____ |
| 5. IVNFSVT | _____ | 12. QBUFMMB | _____ |
| 6. TUF SOVN | _____ | 13. UJCJB | _____ |
| 7. QHZ DZFD | _____ | 14. GJCVMB | _____ |

Label the bones in the Skeletal System

