



## Quiz Answer Key

1. True or false: The bones of your skeleton are alive. true
2. What is the innermost part of the bone called?
  - a. periosteum
  - b. compact bone
  - c. cancellous bone
  - d. bone marrow
3. What are the 26 bones of the spine called? vertebrae
4. Which bones protect your heart, lungs, and liver? ribs
5. List three ways to take care of your bones:  
any of the following: wear a helmet; wear wrist supports and elbow and knee pads; wear all of the right equipment for sports like football, soccer, lacrosse, or ice hockey; don't play on trampolines; eat foods with calcium; be active
6. The place where two bones meet is called a joint.
7. Name two types of moving joints:  
hinge joints  
ball-and-socket joints
8. Which of the following is NOT a type of muscle?
  - a. smooth muscle
  - b. rough muscle
  - c. cardiac muscle
  - d. skeletal muscle
9. Skeletal muscles are held to the bones with the help of tendons.
10. Which of the following cushions and protects the bones where they meet?
  - a. ligaments
  - b. tendons
  - c. cartilage
  - d. muscle