

How Much Do You Know About Bones?

Take a bone quiz to find out.

► **Submit your completed Quiz and get your Answer Key at the FEMR Registration table.**

Your Name (optional) _____

If your experience with bones is pretty much limited to putting on that skeleton costume every Halloween, then you could be cheating yourself out of important preventive care. Take this quiz to find out how much you know about bone health, and learn a bit about what you can do to protect your skeleton from head to toe!

CIRCLE YOUR ANSWER FOR EACH QUESTION

1. The largest bone in the human body is:

- a. Skull
- b. Spine
- c. Femur (thigh bone)
- d. Tibia (shin bone)

2. The term "long bones" is used to describe:

- a. Very tall people
- b. Women with very long legs
- c. Bones that offer structure and mobility
- d. Any fully grown bone

3. The difference between a "broken" bone and a "fractured" bone is:

- a. Severity
- b. Location
- c. Complications
- d. No difference

4. Adults have 206 bones in their body. Babies are born with:

- a. 206 bones
- b. 150 bones
- c. 300 bones
- d. 185 bones

5. Which type of bone break most often leads to death in people over 65?

- a. Skull fracture
- b. Spine fracture
- c. Hip fracture
- d. Collarbone fracture

6. The most common site of bone break seen in hospital emergency rooms is in the:

- a. Wrist/hand/fingers
- b. Skull
- c. Ankle/Foot/Toes
- d. Hip

(CONTINUED ON BACK)

7. Nutrients necessary for healthy bones include:

- a. Calcium and vitamin D
- b. Zinc and magnesium
- c. Protein
- d. All of the above

8. Which of the following lifestyle habits affects bone health:

- a. Smoking
- b. Exercise
- c. Excessive alcohol consumption
- d. All of the above

9. Osteopenia is:

- a. The study of bone health
- b. A type of bone fracture
- c. A female bone disease
- d. Low bone mass

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ALL FINISHED!!

Pick up your Quiz Answer Key at the Registration table.

Thank you for participating



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