The Skeletal System

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Do you know that every bone is connected to another bone? Except for one and that bone is called hyoid. Hyoid is in the back of your neck. Also, some people have extra ribs which is really cool but at the same time disgusting. First, skeletal system is basically like your body’s armor. It protects most of your organs, such as your rib cage protects your lungs. Second, skeletal system also gives your body shape. If we don’t have skeletal system, we can’t even walk. Then, our skeletal system also helps us move. Our muscles pull on our bones while we are lifting things. The muscular system and skeletal system work together constantly. Finally, the skeletal system produces blood cells. Red blood cells carries oxygen and white blood cells fight germs.

The skeletal system’s biggest job is to protect our organs. If we don’t have rib cage, our organs could be easily damaged. The skeleton produces blood cells, which is connected to the circulatory system. The skeletal system is also important for the nervous system. It protects the two main organs of the nervous system. The skull protects the brain and the backbone protects the spinal cord.

Your skeleton can also get “sick”. Scoliosis is one of the diseases your bones could get. Scoliosis causes your spine to curve sideways. Osteoporosis is another bone disease you could get. If you get osteoporosis, your bones would lose calcium and become thinner. Finally, there is rickets. Rickets makes bones soft and weak. But rickets mostly happens to kids, not adults. You could break your bone easily if you get rickets, which is really dangerous.
Here are some tips for you to follow if you want to keep your bones healthy:

1. The three main ingredients you need to make your bones healthy is calcium, phosphorus, and vitamin D.
2. You can get calcium from milk and other dairy foods.
3. Phosphorus is found in beef, beans, milk and many other foods.
4. You get vitamin D by eating fist and by being out in the sun.
5. Exercising makes bone thicker and stronger.

Bones are important and everyone know that. But protecting your bone and keeping it healthy are also important. We could protect our bone by wearing knee pads, elbow pads, and helmets when doing extreme sports to protect our joints and skull. Having healthy bones makes you stronger and it is something to be proud of. That means you have to take good care of it.