

Nova's Human Body Discovery Cards

Learning objective: To identify and describe the functions of the human skeleton and the importance of a balanced diet for health.

Read the front of the card to test your knowledge about the human body. Flip the card to check if your answer matches the definition provided by Nova the owl!

What is the main purpose of the human skeleton?	Which part of the skeleton protects the brain?
The skeleton supports our body, allows us to move, and protects our delicate internal organs.	The skull acts as a hard helmet to protect the brain.
What do we call the place where two bones meet?	What is the function of the ribcage?
A joint, which allows our body to bend and move.	The ribcage protects vital organs like the heart and the lungs.
How do muscles help our skeleton?	Why do humans need a balanced diet?
Muscles are attached to bones and pull on them to make our body parts move.	To get all the nutrients, vitamins, and energy required for our bodies to grow and stay healthy.
Which mineral is especially important for keeping our bones strong?	What do we call the 'building blocks' in food that help our muscles grow and repair?
Calcium, which is found in dairy products and leafy green vegetables.	Protein.
True or False: All animals have skeletons on the inside of their bodies.	What is the name for the 'fuel' we get from food that allows us to run and play?
False. Some animals, like insects or crabs, have an exoskeleton on the outside.	Energy.