



# BIG BONES QUIZ

## ANSWERS

1.	What can osteoporosis cause?	<ul style="list-style-type: none"><li>a. <b>Fragile bones</b></li><li>b. Strong bones</li><li>c. Soft bones</li></ul>
2.	Which vitamin has a major role in bone health?	<ul style="list-style-type: none"><li>a. Vitamin C</li><li>b. <b>Vitamin D</b></li><li>c. Vitamin B</li></ul>
3.	What is the smallest bone in the body?	<ul style="list-style-type: none"><li>a. Patella</li><li>b. <b>Stapes</b></li><li>c. Thigh</li><li>d. Clavicle</li></ul>
4.	How many vertebrae are in the vertebral column at birth?	<ul style="list-style-type: none"><li>a. 31</li><li>b. <b>33</b></li><li>c. 35</li><li>d. 37</li></ul> <p>The vertebral column <i>usually</i> consists of 33 vertebrae: 7 cervical (neck); 12 thoracic; 5 lumbar; 5 sacrum (fused) &amp; 4 coccyx (frequently fused)</p>
5.	Out of 20 men over 50, how many will break a bone mostly due to osteoporosis?	<ul style="list-style-type: none"><li>a. 2</li><li>b. 0</li><li>c. 1</li><li>d. <b>4</b></li></ul>
6.	What two types of exercise are most important for bone strength?	<ul style="list-style-type: none"><li>a. <b>Muscle-strengthening</b></li><li>b. Aerobic</li><li>c. <b>Weight-bearing</b></li></ul>
7.	What is osteopenia?	<ul style="list-style-type: none"><li>a. The study of bone health</li><li>b. A type of bone fracture</li><li>c. A female bone disease</li><li>d. <b>Lower than average bone density (but not low enough to be osteoporosis)</b></li></ul>
8.	On average, when do we start to lose bone?	<ul style="list-style-type: none"><li>a. <b>Aged 35 – 44</b></li><li>b. Aged 45 – 54</li><li>c. Aged 55 – 64</li></ul>
9.	What type of bone are the human vertebrae classified as?	<ul style="list-style-type: none"><li>a. Long</li><li>b. <b>Irregular</b></li><li>c. Flat</li><li>d. Short</li></ul>
10.	What is the most commonly broken bone in the human body?	<ul style="list-style-type: none"><li>a. The ulna</li><li>b. The sternum</li><li>c. <b>The clavicle</b></li><li>d. The mandible</li></ul>

# BIG BONES QUIZ

11. Where do most osteoporotic fractures occur?	<ul style="list-style-type: none"><li>a. Wrist</li><li>b. Hip</li><li>c. Upper arm</li><li>d. <b>Vertebrae</b></li></ul>
12. Which bone is the longest and strongest bone in the human body?	<ul style="list-style-type: none"><li>a. Cranium</li><li>b. <b>Femur</b></li><li>c. Tibia</li><li>d. Radius</li></ul>
13. Which one can be a risk factor for osteoporosis in women?	<ul style="list-style-type: none"><li>a. Having lots of children</li><li>b. <b>Very low body weight</b></li><li>c. Menopause at 46 years</li></ul>
14. What is the shaft of a long bone known as?	<ul style="list-style-type: none"><li>a. Periosteum</li><li>b. <b>Diaphysis</b></li><li>c. Cartilage</li><li>d. Central Cavity</li></ul>
15. Most people have 12 ribs. What percentage of people approximately are born with 13?	<ul style="list-style-type: none"><li>a. <b>Up to 1 percent</b></li><li>b. 1 - 2 percent</li><li>c. 2 - 3 percent</li><li>d. 3 - 5 percent</li></ul>
16. How many bones do both the human hands contain, including the wrist?	<ul style="list-style-type: none"><li>a. <b>54 bones</b></li><li>b. 56 bones</li><li>c. 58 bones</li><li>d. 48 bones</li></ul>
17. Ligaments connect bone to bone, true or false?	<p><b>True</b> False</p>
18. How much vitamin D do we need daily?	<ul style="list-style-type: none"><li>a. 200 IU (International Units)</li><li>b. 10 milligrams</li><li>c. <b>10 micrograms (equivalent to 400IU)</b></li><li>d. 800 IU</li></ul>
19. What is <i>not</i> an example of weight bearing exercise?	<ul style="list-style-type: none"><li>a. Jogging</li><li>b. Aerobics</li><li>c. <b>Swimming</b></li></ul>
20. How many bones, approximately, are babies born with?	<ul style="list-style-type: none"><li>a. 206 bones</li><li>b. 232 bones</li><li>c. 248 bones</li><li>d. <b>300 bones</b></li></ul> <p>Adults will end up with 206 bones, but babies are born with 100 more. It's not that bones disappear as we grow older. Instead, these tiny bones fuse together to form the larger bones of the skeletal system.</p>