The Skeletal System

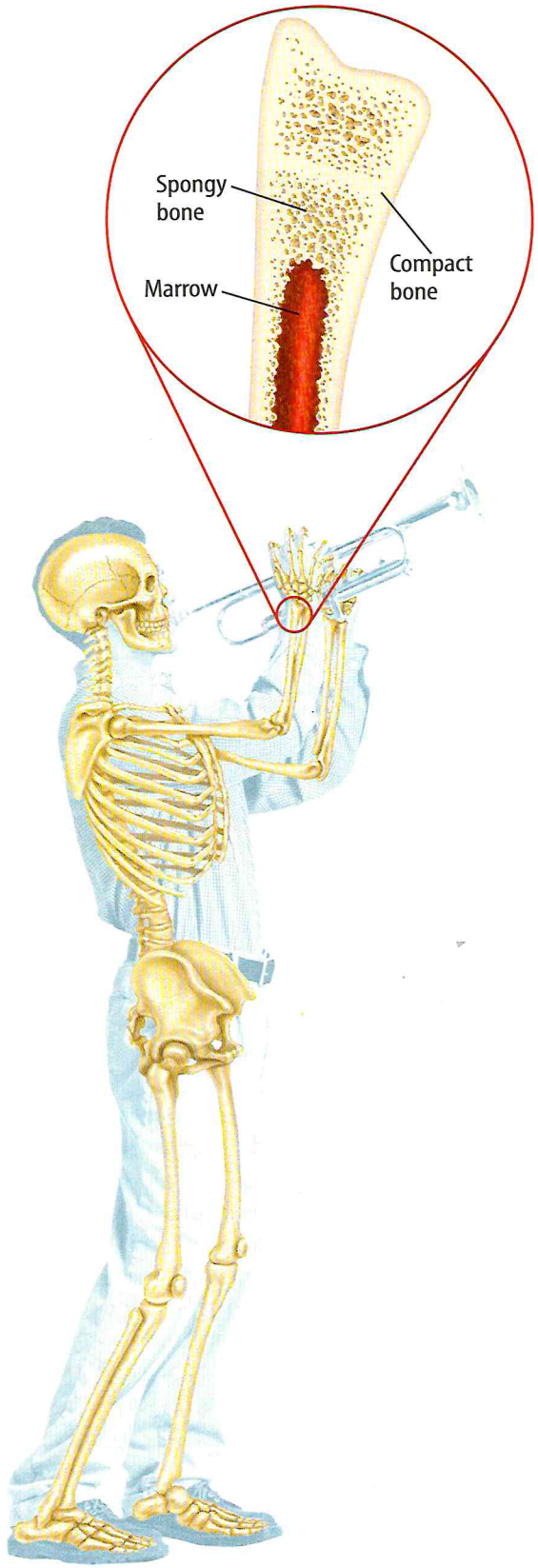

Figure 10 Bone is made up of a dense, hard exterior and a spongy interior.

Storage The skeletal system is also an important storage site for minerals such as calcium. Calcium is essential for life. It has many functions in the body. Muscles require calcium for contractions. The nervous system requires calcium for communication. Most of the calcium in the body is stored in bone. Calcium helps build stronger compact bone. Cheese and milk are good sources of calcium.

Reading Check What mineral is stored by the skeletal system?

Support Without a skeleton, your body would look like a beanbag. Your skeleton gives your body structure and support, as shown in **Figure 10.** Your bones help you stand, sit up, and raise your arms to play an instrument, such as a trumpet.

Protection Many of the bones in the body protect organs that are made of softer tissue. For example, the skull protects the soft tissue of the brain, and the rib cage protects the soft tissue of the lungs and heart.

Movement The skeletal system helps the body move by working with the muscular system. Bones can move because they are attached to muscles. You will read more about the interaction of the skeletal system and the muscular system later in this lesson.

Bone Types Bones are organs that contain two types of tissue. **Compact bone** *is the hard outer layer of bone.* **Spongy bone** *is the interior region of bone that contains many tiny holes.* As shown in **Figure 10,** spongy bone is inside compact bone. Some bones also contain bone marrow. Recall that bone marrow is a part of the lymphatic system and makes white blood cells.

Reading Check How do the two types of bone tissue differ?