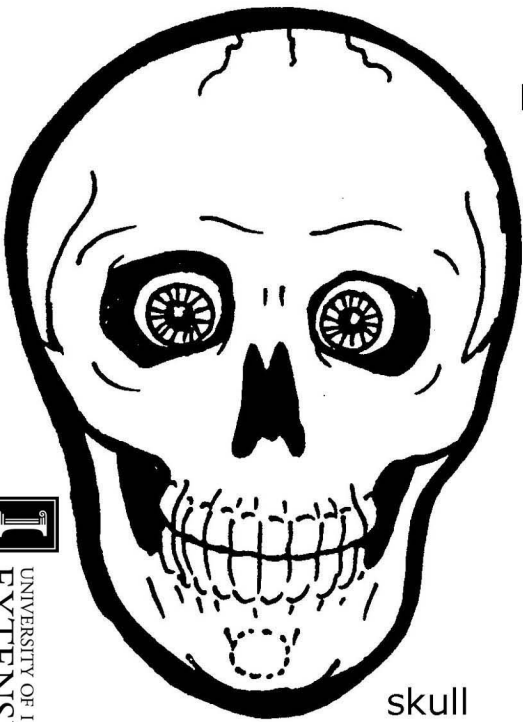
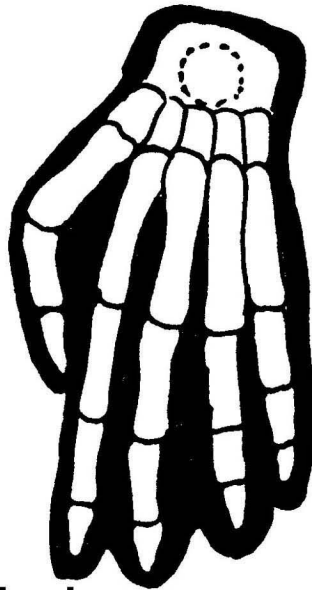


Human Skeleton

Eat right and exercise to grow healthy bones.



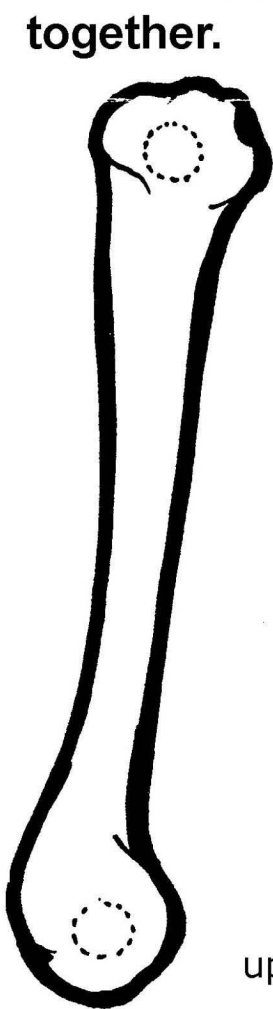
skull



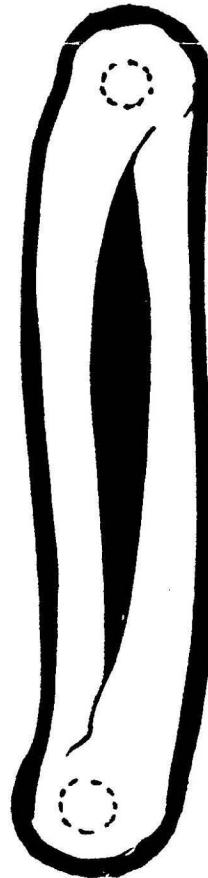
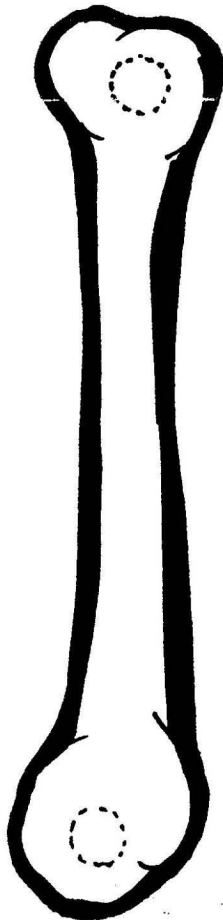
hands



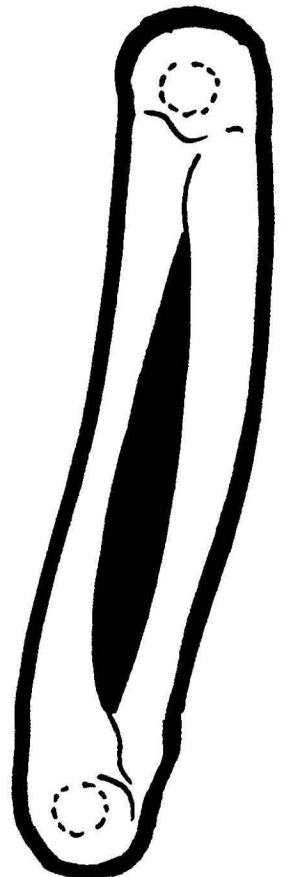
Use brads to connect the bones together.



upper arms



lower arms



UNIVERSITY OF ILLINOIS
EXTENSION

FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

Extension Website: <http://web.aces.edu/wellnessways>

The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.