

Name _____

The Journey of Growth: How Bones Develop from Infancy to Adulthood

Open-Ended Response Answer Key

1. Proper nutrition during childhood is crucial for healthy bone growth. Calcium and vitamin D are essential nutrients that support bone development. Calcium is necessary for bone mineralization, while vitamin D helps the body absorb calcium. Without adequate calcium and vitamin D intake, children may experience weakened bones and a higher risk of fractures.
2. Inadequate physical activity and poor nutrition during adolescence can lead to suboptimal bone development. Lack of exercise can result in weaker bones, while insufficient nutrients like calcium can hinder bone mineralization. This combination may increase the risk of bone-related issues later in life, such as osteoporosis. Encouraging physical activity and a balanced diet rich in calcium and other essential nutrients is crucial for optimal bone development during this stage.

