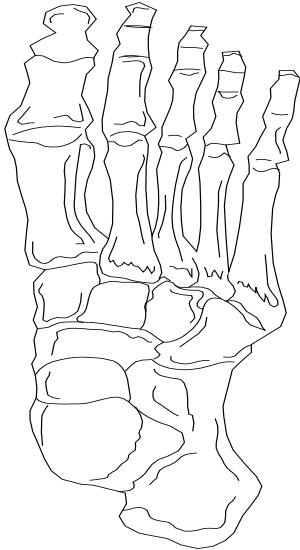


FEET FIRST

Feet were our first form of transport (allowing us to not only walk but to run, skip, jump and more) and have remained the most enduring. They also assist us to power other forms of transport such as skateboards, scooters, bikes and cars.

Supporting our full weight, feet are one of the hardest working parts of the body. It is very important that we take care of them.



There are 26 bones in our feet - one quarter of all the bones in the human body! These bones are divided into three groups: the Phalanges, the Metatarsals and the Tarsals.

Label the diagram at left showing where the three groups of bones are found. How many bones are in each of our toes? _____

What group of bones includes the heel bone? _____

List six ways we can help to make sure our feet remain in good health.

The Chinese used to bind women's feet in tight bandages. What was the purpose? What did it mean for the women?

Toe nails take approximately six months to grow from base to tip. Why should we keep our toenails trimmed and in good condition? _____

What are each of the following:

Podiatry _____

Reflexology _____

Athlete's Foot _____

Footprint _____

Identify each of the footprints below.

Make a list of other names that are used for either animal or human feet. _____

