

Name: _____

Your Own Two Feet

Directions: The article “Happy Feet” (page 14) tells you about some of the most common foot maladies. But there’s so much more information about feet that we could not fit in four pages. Here’s your chance to discover more yourself. Using your health textbook, the library, and the Internet, label the parts of the foot and answer the questions below.



- Achilles tendon
- calcaneus
- metatarsals
- phalanges
- plantar fascia
- talus

1. How many bones are in each foot? _____
2. How many bones are in each toe? _____
3. How many joints does each foot have? _____

4. Find one fact you didn't know about feet, and write it here.
