

Science

Skeletal System (Muscles)

Fill in the blanks with the correct answer:

1. Bones are held together at a joint by strong elastic fibres called _____. (ligaments / bone marrow)
2. A stiff but flexible substance present on the surface of bones. _____. (cartilage / humerus)
3. The muscles at the front of the arm _____. (triceps / biceps)
4. The muscles at the back of the arm _____. (triceps / biceps)
5. We should eat food rich in _____ and _____ to keep our bones and muscles healthy. (calcium, protein / vitamin K ,vitamin D)
6. Sunlight helps our body to make _____ which is also beneficial for our bones. (vitamin A / vitamin D)
7. The _____ consists of the brain, spinal cord and network of nerves. (nervous system / skeleton system)
8. The brain is protected by the _____. (skeleton / hard skull)
9. The _____ is the thinking part of our brain. (cerebrum / cerebellum)
10. The _____ is responsible for our posture, balance, movement and co-ordination of muscles. (cerebrum / cerebellum)

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Answer:

1. Joint
2. Hinge joint
3. Gliding joint
4. Pivot joint
5. Ball and socket joint
6. Cartilages
7. Tendons
8. Voluntary muscles
9. Involuntary muscles
10. Cardiac muscles

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