

Name:

Date

Science

Muscular System

Read and answer each question below. Put an X in the box to choose the correct answer where necessary.

1. There are _____ muscles in the human body.
2. The muscular system is one of the body systems that is responsible for _____.
 - a. Digestion
 - b. Movement
 - c. Blood flow
3. There are five types of muscles in the human body.
True _____ False _____
4. The _____ muscles are found around the heart.
 - a. Cardiac
 - b. Smooth
 - c. Skeletal
5. Which muscles pull on the bones of the body?
 - a. Cardiac
 - b. Smooth
 - c. Skeletal
6. The smooth muscles line the insides of the organs of the body.
True _____ False _____
7. List two foods that are rich in protein.
_____ and _____
8. Breads and cereal provide _____ that muscles need to move.
 - a. Protein
 - b. Calcium
 - c. Energy
9. _____ is good for muscles.
 - a. Chips
 - b. Exercise
 - c. Soda

