

Muscles in Action - Grade 4 Worksheet

Name: _____ Date: _____

1. Look at the picture (arm bending). Which muscle is working?

■ Biceps ■ Triceps ■ Both

2. When the arm becomes straight, which muscle works?

■ Biceps ■ Triceps ■ Both

3. Match the following:

Action	Muscle
Bend the arm	_____
Straighten the arm	_____

4. Fill in the blanks:

a) When biceps contract, the arm _____.

b) When triceps contract, the arm _____.

5. True or False:

a) Exercise keeps muscles strong. _____

b) Eating junk food keeps muscles healthy. _____

c) Rest is important for muscles. _____

6. Tick the correct answers:

- Exercise
- Healthy food
- Enough rest
- Sitting all day