

FIL IN THE BLANKS WITH THE PROVIDED WORDS.

VIT. & MIN.   PIVOT POSTURE   JOINTS   CARTILAGE  
GLIDING JOINTS   LIGAMENTS   600   TENDONS   FLOATING  
STRIATED   PROTEIN   INVOLUNTARY EXERCISE   SPINALCORD  
PECTORAL  
12   7-8   BONE MARROW

1. \_\_\_\_\_ allows us to bend or rotate our body parts.
2. \_\_\_\_\_ are soft tissues that connect a bone to bone.
3. The \_\_\_\_\_ act like a cushion and avoid friction between the two bones when they move.
4. \_\_\_\_\_ nutrient helps in repairing the tissues of the body and in healing small cuts wounds.
5. \_\_\_\_\_ nutrient makes our bones joints and muscles strong .
7. \_\_\_\_\_ is the position in which we hold our body while sitting or standing.
8. Regular \_\_\_\_\_ keeps the bones joints and muscles strong and healthy.
9. We should sleep for at least \_\_\_\_\_ hours.
10. Smooth muscles of our body are controlled by \_\_\_\_\_ .
11. Cardiac muscles are \_\_\_\_\_ in nature.
12. \_\_\_\_\_ joint is found in wrist and ankles.
13. There are \_\_\_\_\_ muscles in our body.
14. Our muscles and bone remains attached by the help of \_\_\_\_\_ .
15. \_\_\_\_\_ muscles are voluntary in nature.
16. Blood cells are produced in the \_\_\_\_\_ present inside the bones.
17. \_\_\_\_\_ girdle consists of a pair of shoulder blades and collar bones .
18. In our body \_\_\_\_\_ joint is found between the skull and the backbone.
19. Ribcage of our body consists of \_\_\_\_\_ pairs of bones.
20. Last two pairs of ribs are also known as \_\_\_\_\_ ribs.