

Name: _____

The Muscular System

Choose a word from the box to complete each sentence. Write the word on the line.

five	muscles	206	three	cardiac muscles
brain	600	skeletal muscles		

1. There are about _____ muscles in the human body.
2. The _____ in your body help you move.
3. We have _____ types of muscles in the human body.
4. The _____ covers the bones.
5. The _____ helps the heart to beat.

Read each sentence carefully. Click **true** if the statement is true or **false** if the statement is false.

6. When you run and jump you are using your muscles?

true

false

7. The muscles system is the only system that allows the body to move.

true

false

8. You must stretch your muscles before you exercise.

true

false

9. Two types of muscles are smooth muscles and skeletal muscles.

true

false

10. To keep your muscles healthy you do not need to exercise or eat fruits and vegetables.

true

false