

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?

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

8. You must stretch your muscles before you exercise.

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

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