



Name: _____

Grade & Section: _____

Date: _____

Time: _____



The Muscular System

Every time you move, you use muscles.

TRUE

FALSE

Your heart is a muscle.

TRUE

FALSE

You have more than 600 muscles in your body.

TRUE

FALSE

Some muscles work by themselves (without you having to think about them).

TRUE

FALSE

All your muscles stop working when you are asleep.

TRUE

FALSE

Muscles work in pairs.

TRUE

FALSE

You need a type of food called protein to build strong muscles.

TRUE

FALSE

You should use your muscles less so that they can get stronger.

TRUE

FALSE