

## MUSCLES: READ CAREFULLY AND COMPLETE

Muscles help us move. They are elastic and soft.

There are approximately 650 muscles in our body; more than 40 are in the face.

There are two types of muscles: voluntary and involuntary.

Voluntary muscles are the muscles you decide to move. The brain sends the message to the muscle. E.g. when you move your arm to write.

Involuntary muscles are the muscles you don't control. E.g. your heart or the diaphragm in the respiratory system.

### NOW, COMPLETE:

What do the muscles do? What is their function?

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How are the muscles?

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How many muscles are there approximately?

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What two types of muscles are there?

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What type of muscle is...

... the gluteus? \_\_\_\_\_

...the diaphragm? \_\_\_\_\_

...the heart? \_\_\_\_\_

...the biceps? \_\_\_\_\_