

## 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? \_\_\_\_\_