3 Self-assessment

NAME ..... DATE .....

MARK THE CORRECT ANSWER WITH AN X.

1. Bones are organs that are...
   - [ ] a) hard and flexible.
   - [ ] b) hard and strong.
   - [ ] c) flexible and flat.

2. Which are the bones of the skull?
   - [ ] a) femur, tibia and fibula
   - [ ] b) frontal bone, scapula and temporal bone
   - [ ] c) jaw, frontal bone and parietal bone

3. The muscles of the skeletal and muscular system are called...
   - [ ] a) relaxed muscles.
   - [ ] b) contracted muscles.
   - [ ] c) skeletal muscles.

4. Where is the masseter?
   - [ ] a) in the trunk
   - [ ] b) in the head
   - [ ] c) in the limbs

5. The antagonist muscles...
   - [ ] a) relax and stretch.
   - [ ] b) make opposite movements.
   - [ ] c) contract and get harder.

6. Which one is an involuntary movement?
   - [ ] a) a reflex action
   - [ ] b) a voluntary action
   - [ ] c) the muscle extends

7. A sprain occurs when...
   - [ ] a) a bone breaks.
   - [ ] b) a ligament is stretched.
   - [ ] c) a muscle contracts.

8. Sunlight helps our body to produce...
   - [ ] a) phosphorus and calcium.
   - [ ] b) vitamin A.
   - [ ] c) vitamin D.

9. Calcium and phosphorus are essential...
   - [ ] a) to help our muscles grow.
   - [ ] b) to produce vitamin B.
   - [ ] c) to help bones grow.

10. To avoid unnecessary strain on our backbone and back muscles, we need to...
    - [ ] a) sit up straight.
    - [ ] b) always use a helmet.
    - [ ] c) eat fish.

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