

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.